

# NATIONAL CHERRY CHEESECAKE DAY – April 23



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April 23rd recognizes the food holiday National Cherry Cheesecake Day. Cookbooks and bakers offer a large variety of recipes for cherry cheesecake. Some cherry cheesecake recipes call for the cherries to be mixed into the batter and others place the cherries on top.

This smooth dessert hits the spot when the end of the meal rolls around. While most cakes have a crumb, cheesecake's texture is nothing like cake. Indeed, its creamy, thick pudding-like character comes from the soft cheese used as the main ingredient. Depending on the recipe, either cream cheese or cottage cheese is used. When the cheese is mixed with sugar, eggs, and other ingredients, the batter is added to a crust. When making cheesecake, one of the most common crusts used is a graham cracker crust. Other options include a cookie crust, pastry or sponge cake. However, some cheesecakes are crustless. Depending on the recipe, cheesecakes may be prepared baked or unbaked.

Cherries on their own offer a bounty of nutrients. For example, the antioxidants in this red fruit protect cells from damage. Because cherries pack an anti-inflammatory punch, they may help reduce the risk of heart disease, too.

## HOW TO OBSERVE #CherryCheesecakeDay

With so many recipes to choose from, serving a cheesecake for dessert will be easy. Make your favorite recipe or try the one we found. Get the family involved and share your results, too!

[Cherry Cheesecake recipe.](#)