

# Notes From The Pen

December 02, 2020

By Jacob Keiter

*On Jan. 4, 2018, 24-year-old Jacob Keiter, from East Hanover Township, was sentenced to five years in federal prison on drug trafficking charges. Keiter reached out to The Sun from the Federal Correctional Institute in Minersville, hoping to share his story with our readers. This week, Keiter shares his recipe for cheesecake ...*

With the holiday season approaching, we all possess different anticipations and excitement for what is yet to come. We look forward to the precious quality time we get to spend with our loved ones. We can't wait for a few days off work, and we all have mixed feelings about the upcoming snow days. But there's one thing above everything else that I'm sure we all can agree on is the best part; the guiltfree celebration meals we are all going to enjoy!

Currently being incarcerated, as anyone can imagine the food isn't ideal. We are not served a food loaf like some may imagine, but there's no love put into anything we eat. We are in fact served three meals a day, the quality is questionable most times. For every federal holiday, a special meal is prepared for the inmate population, that we look forward to. Any other average Joe wouldn't think anything special about these meals though.

Every prison — county, state, and federal — are equipped with a commissary. This is almost like a grocery store that inmates have access to purchase sodas, chips, cookies, as well as all the necessary toiletries. These items are not free, and we rely on support from our family and job detail to be able to pay for these items.

Although we are not able to use ovens, microwaves, fridges, or any other kitchen appliance, we have discovered ways to prepare meals and snacks that in my opinion are above satisfactory. Today, I'm going to share with you my own personal recipe of a No-Bake Prison Cheesecake. Due to the fact that I cannot possess measuring equipment, or appliances, exact measurements will not be included. All you need to get started is one pack of cookies, I use duplex creme but Oreo would work as well, 8 ounces of non-dairy powder creamer (any flavor you desire), 8 ounces of cream cheese, one spoon of peanut butter, and whatever your desired topping is — I use Peanut M&M's. You will also need two bowls about 10 inches in diameter; one bowl to mix ingredients, and one to house your finished product.

Begin by emptying the contents of non-dairy creamer into mixing bowl. Open up the pack of cookies and scrape the cream out of each individual cookie into the mixing bowl with the creamer. After all cookies are clean, begin to smash them into a fine dust, I place the cookies back into the empty creamer bag and smash them with a cup. Empty the cookie crumbs/dust into the empty bowl. Turn your sink on to a slight trickle of water, and spin the bowl with cookie crumbs in it 360 degrees, under the water for about three seconds. Be careful not to put too much water in the bowl, you can always add more water, but you can't take the water out. Mix the water into the crumbs, then begin to knead the dough. When the water is fairly distributed throughout the dough, begin to press the dough into the bowl and form the crust. Make sure the crust is even all the way around. In your mixing bowl, empty cream cheese and peanut butter and mix with the creamer. Don't mix too much, keep it fairly thick. Empty filling into crust, and spread evenly. Crush your topping and disperse it on top of product, push into filling to make sure it sets in. Keep submerged in ice, with a lid for at least six hours. Cut into eight pieces and serve.

Since the Cheesecake Factory isn't exactly a drive away for me, I've decided to bring it right to my cell. I prepare anywhere from three to 10 cheesecakes a week for other inmates to enjoy. Hope you enjoy this recipe and have the opportunity to try it.

Happy Holidays!

This site uses Akismet to reduce spam. [Learn how your comment data is processed.](#)