



Healthy
Eating

Recipe of the week

Low Calorie Cheesecake

Ingredients

- 2 tbsp. caster sugar
- 120g (2-3 cups of fruit, we (used tinned peaches in juice)
- 220g light cream cheese
- 1/4 tsp. vanilla bean paste
- 170g of fat free or low sugar yoghurt (we used Greek yoghurt)
- 1 sheet of light puff pastry partially thawed
- Low fat milk for brushing
- ½ tsp. white sugar
- Ground cinnamon

Step 1

Heat 1 tbsp. caster sugar in a frying pan on medium heat. Cook until the sugar dissolves, stirring frequently. Add fruit and stir until caramelised. Spoon into 4 dessert glasses and set aside to cool.

Step 2

Stir the cream cheese, vanilla and remaining caster sugar in a bowl until smooth. Stir in half of the yoghurt. Transfer to the dessert glasses with the fruit and place in the fridge for 4 hours until set. Pre-heat the oven 200C 180 Fan. Line a baking tray with baking paper.

Step 3

Cut pastry into 2.5 x 8cm rectangles and brush with the milk. Sprinkle on the white sugar. Bake for approx. 10 mins until golden and puffed. Finally insert the pastry into each glass. Top with the remaining yoghurt and sprinkle with cinnamon.