

Healthy Fruit Cheesecake

Yoghurt contains lots of 'healthy bacteria' that look after your gut

Ingredients (4 servings):

- 85g of gingernut biscuits
- 25g butter or plant-based spread, melted
- 100g tub of soft cheese
- 300g tub of natural yogurt
- zest of 1 orange or lime (optional)
- 1 tsp Vanilla extract (optional)
- 150g fruits. Fresh, tinned (in fruit juice) or frozen

Some Options include: Strawberries, peaches, cherries, mangoes.

Method

1. Put the biscuits in a plastic bag and smash up with a wooden spoon or rolling pin until you have chunky crumbs.
2. Place in a bowl and pour in the butter or spread
3. Divide between 4 glasses or small bowls and press down.
4. Blend the soft cheese, yogurt, fruit, orange or lemon zest and vanilla together until smooth, then spoon over the crumbs.
5. Finally, chill until ready to serve

Top tips

Blending fruit is optional alternatively chop fruit finely instead and add it on top of the cream cheese and yoghurt mix

Frozen and tinned fruit (in fruit juice) count as one of your five a day