

Blueberry Cheesecake



Ingredients (serves 4)

4 gingernut biscuits

150g lighter cream cheese

300g low fat natural yoghurt

1 tbsp icing sugar

1 tsp vanilla essence

150g blueberries

2 tbsp blueberry jam

Try using different fruit for variety.
Using fruit that is in season is cheaper to buy.

Method

- 1) Crush the biscuits in a cup/bowl using the end of a rolling pin or back of a spoon. Divide amongst the dishes
- 2) Combine cream cheese, yoghurt, icing sugar and vanilla essence in a small bowl, pressing out lumps with a fork
- 3) Cook blueberries and jam over a medium heat for a few minutes or until berries start to release their juices. Remove pan from heat and allow to cool slightly
- 4) Swirl berry mixture into cream cheese mixture, then spoon over crumb bases. Cover dishes and chill in fridge until ready to serve

Healthy eating tip: Using low fat and reduced sugar products helps to make a dish healthier. When recipes suggest adding sugar, try and reduce it slightly. Often the flavour is still great. Buying reduced sugar biscuits, also makes a dessert like this healthier.