

CHILLED CHEESECAKE

Equipment – 2 x mixing bowls, spatula, balloon whisk, rolling pin, medium sized saucepan, metal tablespoon, round foil container

In pairs

Ingredients

6 x digestive biscuits
50g butter
100g cream cheese
1/3 tablet strawberry jelly
1 tbsp boiling water
100g flavoured yogurt
100g double cream

Nutrition

Cream cheese and cream- high in saturated fat and calcium. Strawberry jelly- high in sugar. Biscuits- high in sugar and fat.

Modifications for a healthier diet

Use low fat cream cheese. Use single instead of double cream. Use reduced sugar jelly or gelatine and strawberry pureed.

Method

- 1 Crush** the biscuits. Break them into a bowl and crush to fine crumbs using the end of a rolling pin.
- 2 Melt** the butter in a small saucepan, **do not bring to the boil**. Remove from the heat and stir in the biscuit crumbs.
- 3 Divide** the biscuit mix between 4 dishes (approximately 1 heaped tablespoon per dish). Press the mixture well to make sure the base is compacted. Chill.
- 4 Mix** together the yogurt, cream and cream cheese into a mixing bowl, using a balloon whisk, whisk for 1 minute or until the mixture begins to thicken.
- 5 Place** the jelly in a jug, add 2tbsp water, place in microwave to dissolve. (15 seconds)
- 6 Swirl** the jelly in the jug, then pour into the cream cheese mix and stir well.
- 7 Spoon** 2 or 3 heaped tablespoons over the biscuit base and place in the fridge to set.
- 8 Decorate** with fruit or grated chocolate.