

BERRY BANANA CHEESECAKE



A quick no-bake version of cheesecake using fromage frais and yogurt. You could try different fruits in place of the berries, for example mango, nectarine, peach, kiwi.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using bridge/claw technique; garnish and decorate.

Equipment: Chopping board, knife, jug, blender, measuring spoons.

Allergens: Gluten | Milk

Ingredients (serves 2):

- 2 digestive biscuits
- 2 tbsp thick plain low fat yogurt
- 2 tbsp fromage frais
- 1 banana
- 6 strawberries
- 1 tsp honey
- 1/2 tsp vanilla essence
- Dusting cocoa powder

Method

1. Put the digestive biscuits in a food bag, and using your fists press into small pieces. Pour a layer of the crumbled biscuits into the bottom of each glass.
2. Slice half the banana into a jug, add the honey, vanilla essence, yogurt and fromage frais. Use the hand-held blender to mix the ingredients until smooth. Pour the mixture over the crushed biscuits, sharing evenly between the biscuits.
3. Leave in the fridge for at least half an hour to chill. Just before serving, slice the strawberries and the rest of the banana and place on top of the cheesecakes, sharing the fruit evenly between the glasses. Dust lightly with cocoa powder.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Berry Banana Cheesecake...

Fruit contains a variety of vitamins, minerals and fibre, and is packed with lots of different substances called phytochemicals. These help protect our bodies against disease.

Yogurt is an excellent source of calcium and a good source of vitamin D for strong teeth and bones. It is also a good source of protein.

Fromage Frais is a type of smooth fresh soft cheese with the consistency of thick yogurt. It is an excellent source of protein and calcium.



Energy, sugar, fat and salt per serving

Per 195g serving

ENERGY
928kJ / 220kcal **11%**

LOW **FAT**
4.9g **7%**

LOW **SATURATES**
2.2g **11%**

MED **SUGARS**
25.4g **28%**

LOW **SALT**
0.3g **5%**

% of an adult's reference intake
Typical values per 100g : Energy 476kJ / 113kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.