

# - RECIPES -

From the *Australian Healthy Cooking Guide*  
[www.milhamdietitians.com](http://www.milhamdietitians.com)

## Quick 'n' Easy Cheesecake with Berry Sauce

Serves 10

### INGREDIENTS

300g Uncle Toby's Protein Plus cereal or Weight Watchers muesli  
100g canola margarine, melted  
150g low-fat ricotta cheese  
500g Yoplait no-fat banana and honey yoghurt  
150g light cream cheese  
3 tablespoons Splenda  
1 packet diet strawberry jelly  
½ cup boiling water  
200g frozen mixed berries, thawed

### DIRECTIONS

1. Lightly grease and line the base of a 20cm springform pan with baking paper.
2. Put the cereal and melted margarine into a bowl and mix to combine.
3. Press into the base of the prepare tin, refrigerate until firm.
4. Put the ricotta, yoghurt, cream cheese and 2 tablespoons Splenda into a bowl and beat using electric beaters until smooth.
5. Put the jelly crystals into a bowl, add the boiling water and stir to dissolve. Set aside to cool slightly.
6. Fold the cooled jelly into the yoghurt mixture.
7. Pour into the chilled base and refrigerate for 1 hour or until set.
8. Put the berries and remaining Splenda into a pan, and cook over a medium heat to warm the berries.
9. Serve wedges of the cheesecake topped with the berry sauce.

### PER SERVE

KJ (cal) 1130 (270)  
Fat 12.4g  
Saturated Fat 3.9g  
Carbohydrate 26.9g  
Protein 11.5g  
Sodium 462mg  
Fibre 1.6g

chooz to looz Program

1 serve = 1 bread exchange, 1 milk exchange, ½ fruit exchange and 2 fat exchanges



*The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store [www.milhamdietitians.com](http://www.milhamdietitians.com) and all good bookshops Australia wide*

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