

healthy body



healthy mind

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Low fat strawberry and mango cheese cake

7 Inch cake tin
100g Nains Ginger oat biscuits
Nob of butter 1inch cubed
200g Total Greek 100% Fat free yogurt
200g Extra light cream cheese
3 Tbsp. caster sugar
Vanilla extract (seeds in syrup)
1 Ripe mango
Punnet of British strawberries

Method

Blitz the biscuits in a blender and add the butter after melting in a micro wave. Stir the butter in quickly and pack evenly into the bottom of a cake tin before leaving in the fridge to set for 1 hour.

Combine the sugar and vanilla with the cream cheese and yogurt in a bowl. This can be poured straight over the biscuit base and put in the fridge to chill for a further 1-2 hours.

Just before serving peel and de-stone the mango. Put the mango in a blender but only slightly blend so it still has some texture. The strawberries can be sliced and arranged on the top in circular rings with the mango being poured in between.