

CHEESECAKE POTS



This recipe makes 300g granola.

You need 120g to make 4 pots, so you have extra granola for more pots another time or enjoy the granola for your breakfast... it's really good

QUICK

15 minutes prep time (plus cooking time)

HEALTHY

Greek Yoghurt is a good source of protein, calcium, vitamin B2 and B12

FAMILY

Makes 4 pots

MEALS

These make a delicious breakfast, snack or dessert.

INGREDIENTS

- 30ml oil
- 40ml maple syrup
- ½ tsp salt
- 150g oats
- 100g of seeds – use a mixture of sesame, sunflower, pumpkin, chia, flax/lin seeds
- 1 egg white (optional)
- 240g Greek Yoghurt
- 1 tsp vanilla extract or juice of ½ lemon
- 100g cream cheese
- 250g fresh berries or berry compote.

Delicious with passion fruit too!

METHOD

- 1) Put the oven on to 150°C
- 2) In a bowl mix together all of the dry ingredients
- 3) Add oil and syrup into the seed/oat mix and stir
- 4) Beat the egg white in a large bowl until you have soft peaks, then mix into the seed/oat mix
- 5) Spread out on a baking sheet and cook for 30 mins until golden, stirring half way through – **leave to cool**
- 6) Whip the yoghurt, cream cheese and vanilla / lemon together
- 7) Lay 2 tbs of the granola mix at the bottom of a glass
- 8) Spoon the yoghurt mix on top of the granola
- 9) Layer with fresh berries, compote, passion fruit etc
- 10) Put into fridge till ready to eat



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com

