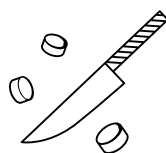


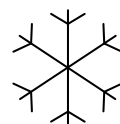


Light Blueberry Cheesecake

A light cheesecake guaranteed to impress at any dinner table.



10



120



4

Ingredients

To make the base:

60g nuts (almonds, hazelnuts)

20g The Groovy Food Company Organic Virgin Coconut Oil, melted

1 tbsp The Groovy Food Company Agave Nectar Light Amber and Mild

To make the filling:

150g light cream cheese

100g greek yoghurt

30g The Groovy Food Company Agave Nectar Light Amber and Mild

100g fresh blueberries

To make the blueberry sauce:

Directions

1. Using a food processor break down the nuts to fine crumb, place into a bowl and mix in the melted coconut oil and agave until fully incorporated. Place the mixture into ramekins or jars, press down to compact then place in the fridge to chill for 20 minutes to set.
2. In a large bowl place the light cream cheese, yoghurt, agave then mix using a hand whisk until smooth, and then gently fold through the blueberries. Spoon this mixture into ramekins or jars. Chill in the fridge for 2 hours.
3. Place the blueberries, agave and water into a small pan then warm over a gentle heat for around 10 minutes until the blueberries begin to burst and release their juice. Add a small squeeze of lemon juice to balance the flavours.
4. Before serving pour on some of the blueberry sauce and enjoy.

100g blueberries

1 tsp The Groovy Food Company Agave Nectar Light
Amber and Mild

20ml water

small squeeze of lemon juice