



Peach and Blueberry Cheesecake Pots



Serves
2



Prep
15 minutes



Cooking
3 minutes



Toasted rolled oats and mixed seeds are mixed with low fat soft cheese and yogurt to make these delicious fruity pots.

Cooks Tips:

Make up these pots in the evening, so that you can enjoy them for breakfast the next day.

Raspberries make a good alternative to blueberries, as they taste good with the Princes Peach Chunks

You don't have to toast the oats and seeds – it's just a way of adding a little extra flavour.

	Calories	Sugars	Fat	Saturated Fat	Salt
194g	216	13g	7.6g	2.1g	0.35g
RI%	11%	14%	11%	11%	6%

Ingredients

- 1 x 220g can Princes Peach Chunks with Juice
- 30g blueberries
- 30g rolled oats (porridge oats)
- 20g mixed seeds
- 75g low fat soft cheese
- 100g low fat plain yogurt
- 2-3 drops vanilla extract (optional)

Method

1. Drain the can of peach chunks. Put them into a bowl and stir in the blueberries.
2. Toast the rolled oats and mixed seeds in a dry frying pan for 2-3 minutes, stirring often. Take care that they don't burn! Cool.
3. Mix together the low fat soft cheese and plain yogurt, adding the vanilla extract, if using. Stir in the cooled oats and seeds.
4. Layer the yogurt mixture and fruit into jars with lids. Seal and keep chilled until ready to serve.