

Yoghurt Cheesecake



Dish Description / Methods:

1. Prepare a cup cake or small muffin tray lined with greaseproof paper
2. Prepare crust by adding dates to a food processor and blending until small bits remain and it forms into a ball. Remove and set aside.
3. To the food processor, add walnuts and salt and process into a meal. Then add dates back in and blend until a loose dough forms – it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing
4. Add the crust mix to the mould and press with fingers to distribute. Set in freezer to firm up.
5. Add all filling ingredients to a blender and mix until very smooth – up to 2 minutes. If it won't come together or appears chunky, add a touch more lemon juice, coconut yoghurt, or maple syrup, as the extra liquid will help it blend better.
6. Scrape down sides as needed and blend until very creamy and smooth. Taste and adjust flavour as needed, adding more maple syrup for sweetness, coconut yoghurt for tanginess, or lemon or orange zest for a citrus flavour.
7. Add the filling to the chilled crust and tap the base a few times to release any air bubbles. Then loosely cover with plastic wrap or wax paper and freeze until firm – about 6 hours or overnight.
8. Serve as is or top with a touch of coconut whipped cream and/or citrus zest and fresh berries.

Allergens:

Tree nuts, Peanuts (may contains)

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	50754	EVERYDAY FAVOURITES CHOPPED DATES	250	Grams	250
Bidfood MTD	29577	EVERYDAY FAVOURITES WALNUT PIECES	400	Grams	400
Bidfood MTD	4439	EVERYDAY FAVOURITES COOKING SALT	2	Grams	2
For the filling					
Bidfood MTD	19578	Whole Cashew Nuts - GENERAL	250	Grams	250
Bidfood MTD	70386	EVERYDAY FAVOURITES VANILLA PODS	1	Grams	1
Bidfood MTD	98770	Bb - Lemon Medium.	2	Each	2
Bidfood MTD	82015	Organic Coconut Milk Yoghurt Alternative - CHILLED	700	Each	700
Bidfood MTD	4389	Everyday Favourites Pure Canadian Maple Syrup - GENERAL	120	Grams	120

Nutrition per portion (184g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	681	38	30	52	16	14	3.3	0.22
%RNI	34%	15%	33%	74%	80%	28%	13%	4%

Quality statement: The details in this document are accurate at the time of production on 14 December 2022. Products may change over time and updates can be found on our website at www.supplychain.nhs.uk/categories/food Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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