

Quick strawberry cheesecake sundaes



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Preparation: 15 minutes

Serves: 4

This dessert can be made up to the end of step 2 up to 6 hours ahead of serving and chilled.

250g tub light (80% less fat) cream cheese

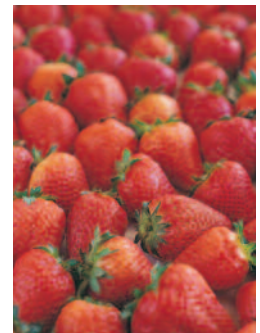
2 tbs icing sugar

8 butternut snap biscuits (or similar sweet biscuits)

500g strawberries, hulled and sliced

Maple syrup, to serve

1. Place cream cheese and icing sugar in a bowl. Using electric hand beaters, beat until light and fluffy.
2. Place biscuits in a plastic bag and roughly crush using a rolling pin. Reserve 1 tbs of crushed biscuits to sprinkle on top. Place biscuits into the base of 4 serving glasses. Top with cream cheese mixture and strawberries.
3. Drizzle with maple syrup. Sprinkle over reserved crushed biscuits and serve.



Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

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