

Summer Fruit Mini-Cheesecakes



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Makes 20 to 24 mini-cheesecakes

Crust

- | | |
|---------|------------------------------------|
| 1½ cups | finely ground bran flakes |
| 2 tsp | granulated sugar |
| 3 tbsp | non-hydrogenated margarine, melted |

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Filling

3 cups	fat free ricotta cheese or fat free cottage cheese
2	eggs
½ cup	granulated sugar
3 tbsp	whole wheat flour
2 tsp	vanilla
2 tsp	lemon juice
½ cup	fat free vanilla yogurt
2	egg whites

Fruit swirl

1 cup	hulled and chopped strawberries or peeled and diced peaches or blueberries
2 tsp	whole wheat flour

Topping

1 cup	fat free vanilla yogurt or fat free Greek yogurt
1½ cups	fresh sliced strawberries or blueberries or sliced peaches (or a combination of fruit)

Step 1

1. Preheat oven to 375°F.
2. Line regular size muffin pans with paper baking cups.

Step 2

Prepare crust:

1. Finely grind bran flakes in a food processor or blender.
2. In a bowl, mix bran flake crumbs, sugar and margarine until well blended.
3. Press approximately 1 ½ to 2 tsp of crumb mixture into the bottom of each baking cup.



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Step 3

Prepare filling:

1. Using a food processor or blender, blend ricotta or cottage cheese with eggs, sugar, flour, vanilla, lemon juice and yogurt.
2. In a separate bowl, beat egg whites until soft peaks form. Place cheese mixture into a large bowl. Carefully fold egg whites into cheese mixture.
3. Place cheese mixture into baking cups. Baking cups should be approximately $\frac{3}{4}$ full or nearly full.

Step 4

Prepare fruit swirl:

1. Puree fruit with flour for several seconds with blender or food processor. The fruit should have a jam-like consistency.
2. Place approximately 1 to 2 tsp of fruit puree into each baking cup and lightly swirl puree in the filling mixture with a knife, spoon or skewer.

Step 5

Baking/assembly:

1. Bake the cheesecakes for approximately 15 to 20 minutes until set.
2. Let cool, remove cheesecakes from pan and refrigerate for at least 1 hour.
3. Before serving, garnish by spreading yogurt on each cupcake and top with fresh fruit.

Additional Notes

- If summer fruit is not in season, the recipe can be adapted by using other types of fruit.
- Other types of fat-free yogurt can be used in place of the vanilla yogurt. Flavoured yogurt should match the type of fruit filling used.