

Quick berry cheesecake parfaits



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Preparation 20 mins | Serves 4

- 250g tub light (80% less fat) cream cheese
- 2 tbs icing sugar
- ½ tsp vanilla extract
- 6 Butternut Snap biscuits (or similar sweet biscuits)
- 250g strawberries, hulled and halved
- 125g blueberries
- Maple syrup, to serve

STEP 1 Place cream cheese, icing sugar and vanilla into a bowl. Using electric hand beaters, beat for 2-3 minutes until light and fluffy.

STEP 2 Place biscuits in a plastic bag and roughly crush using a rolling pin. Reserve 1 tbs crushed biscuits. Place remaining crushed biscuits into 4 serving glasses. Top with cream cheese mixture and berries. Drizzle with maple syrup, sprinkle with remaining crushed biscuits and serve.

Good for you... **BLUEBERRIES**

With their natural sweetness and vitamin C, blueberries are a great treat food and an excellent substitute for lollies.

