

Raspberry Cheesecake Overnight Oats

IDDSI Level 4 / 5

Breakfast / Snack

Recipe source:
bbc.co.uk/food/recipes

Time to make: 10 minutes

Servings: 4-6

Ingredients:

9oz/250g full fat cream cheese
(or ricotta)

2 tbsp caster sugar

1 tsp vanilla extract

5½ oz/150g fresh or frozen
raspberries (puréed and sieved
to remove seeds)

150ml/5 fl oz milk

5½ oz/150g porridge oats (can
be made finer in a food
processor if necessary)

Instructions:

- Mix the cream cheese, caster sugar, vanilla extract and milk together and whisk until smooth.
- Add the raspberry puree and porridge oats and mix well.
- Store in a container with a lid overnight in the fridge.
- Before serving, purée the mixture to Level 4 consistency if required, adding extra milk if it becomes too thick.
- Serve with a drizzle of honey if liked, but delicious without too.

Notes:

- Keeps in the fridge for up to 5 days.
- Try using other soft fruits such as strawberries, blueberries or blackberries – **NB must be puréed and sieved!**

Dietitian's Top Tips:

If you have diabetes, why not try swapping caster sugar for artificial sweetener.