



**NUTRITION  
MONTH 2022**

Recipes for Healthy  
Sustainable Eating

# Strawberry & Yogurt Mini Cheesecake Jars

You'll love this mini and nutritious version of a full-sized traditional cheesecake. The combination of roasted strawberry paired with creamy yogurt-ricotta filling and graham-walnut crumb is scrumptious. Plus, there's no baking, so it's quick and simple to make.

**Prep time:** 10 minutes  
**Roast time:** 20 minutes  
**Refrigeration time:** 30 minutes  
Yields 8 servings

## INGREDIENTS

3 cups (750 mL) frozen sliced strawberries  
4 tbsp (60 mL) maple syrup, divided  
1/2 cup (125 mL) graham crumbs  
2 Tbsp (30 mL) finely chopped walnuts  
1 Tbsp (15 mL) butter, melted  
1 cup (250 mL) ricotta cheese  
1 cup (250 mL) plain skyr or Greek yogurt  
1/2 tsp (2 mL) salt

## PREPARATION

Preheat oven to 450°F (230°C).

To a parchment lined rimmed baking sheet, add strawberries and 1 Tbsp (15 mL) maple syrup; stir until well combined. Spread strawberries into an even layer and roast for 20 minutes, until strawberries begin to brown slightly.

Meanwhile, to a small bowl, add graham crumbs, walnuts and butter. Stir until well combined. Divide among eight 1/2-cup (125 mL) glass jars, packing crumbs to bottom of jar.

In a blender or food processor, add ricotta, skyr or Greek yogurt, 1 Tbsp (15 mL) maple syrup, and salt. Blend for 30 seconds, scraping down sides every 10 seconds, until smooth. Divide ricotta and yogurt mixture among the jars. Refrigerate at least 30 minutes to chill.

To serve, drizzle remaining maple syrup over the ricotta and yogurt mixture; top with the roasted strawberries.

## NUTRITION TIP

Thanks to the strawberries, ricotta and yogurt, this yummy dessert-in-a-jar provides two essential nutrients that are in short supply in most of our diets: calcium and fibre.

## FOR THE ENVIRONMENT

Choosing local, Canadian-produced, minimally processed foods whenever possible is good for you — and good for the planet. This easy homemade dessert checks all those boxes: it's made with nutritious, whole foods, including Canadian dairy, as well as frozen berries. Choose fresh, local in-season berries and look for frozen berries grown in Canada in the off-season.

## Your dietitian

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Contact: \_\_\_\_\_

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