

Rhubarb and ginger cheesecake pots

Total Time: 18mins

Prep time: 10mins

Cook time: 8mins

Serves: 2

Difficulty: Easy

These desserts can be made ahead and kept in the fridge for up to 4 hours.

Ingredients

- Rhubarb: 100g, trimmed and chopped
- Blue Dragon Stem Ginger in Syrup: 20g, drained and chopped + 1 tsp from the jar (I used fresh ginger chopped)
- Quark: 200g (I used 250g Skyr and no Quark or Greek yoghurt)
- 0% fat natural Greek yogurt: 50g
- Artificial sweetener: 1teaspoons (I omitted this)
- Icing Sugar: 2teaspoons, level
- Low fat digestive biscuits: 3biscuit
- Optional: Blueberries and raspberry for decoration. Possibly also mint leaves

Instructions

- Place rhubarb into a small pan with the stem ginger, sweetener and 1 tbsp water. Gently heat for 5-8 minutes, stirring occasionally until the rhubarb is tender and cooked. Set aside.
- Meanwhile, in a large bowl, beat the Quark and Greek yogurt with the icing sugar until smooth and combined.
- Crush the biscuits and divide between 2 x 250ml serving glasses. Spoon over the Quark mixture and top with the rhubarb and its juices. Serve immediately, or chill for up to 4 hours.