



Taste and Savor

## 1 Quick Recipe:

### Summer Berry and Fruit Personal Cheesecakes

- 3 Cups Fresh Fruit OR Berries, sliced
- 1 TB Orange Zest
- 2 (8 oz) Packages Neufchatel OR Light Cream Cheese, softened
- 3 TB Nonfat Plain Greek Yogurt
- 3 TB Fine Raw Sugar (Demedera or Turbinado Sugar)
- ¼ tsp Fine Sea Salt
- 1 tsp Vanilla
- 1 Large Egg
- 2 Large Egg Whites

**Step One** Preheat oven to 325F. Place fruit in bowl and stir in zest. Set aside.

**Step Two** Beat cream cheese for 1 minute on medium-high speed or until fluffy. Add yogurt, sugar, salt and vanilla and beat on medium speed until well incorporated. Add whole egg and egg whites, one at a time, scraping bowl as needed.

**Step Three** Spoon mixture into 10 - 12 small ramekins until ¾ full. Bake for 15 to 17 minutes or until middle is set. Remove from oven and cool at room temperature. Cakes

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



may crack or fall in middle leaving a perfect spot for fruit. Simply spoon the fruit on top and serve.

origins of our soft creamy spread is Neufchatel, which has a crumblier, grainier texture than North American cream cheese.

## 2 Kitchen Scoop

Whether it's made with ricotta, quark, heavy cream, milk, sour cream or yogurt, cheesecake has been around a very long time! Did you know that cheesecake was a popular dish in ancient Greece? In the United States, cheesecake got a big boost in the early 20<sup>th</sup> century when Kraft perfected "Philadelphia" brand cream cheese. The French

## 3 Clever Idea

In the middle of winter, when beautifully ripe fresh fruit isn't available, try this method to roast fruit and bring out all the flavor. Place fruit on a sheet tray sprayed with non-stick spray or oil. Roast the fruit at 400F for about 15 minutes or until the fruit is soft and juicy. Let cool before topping the cheesecakes. Fruit cooked like this is delicious topping your morning yogurt, too!

## 4 Cheers!

**Dominican Oaks Muscat**  
Napa Valley California  
About \$15

Are you a fan of Muscat - the same grape as the more familiar name of Moscato? If not - it's time to give it another try. This is an awesome dessert wine for fruity, creamy treats. California wine makers use the grape to make a variety of wines including ones like this - off-dry with a lush floral aroma of peaches and a tropical fruit-flavored finish, a perfect pair with the lightly sweet and fruity cheesecakes.