

Baked plums with cheesecake filling

Serves: 6

Time

Preparation time 5 minutes

Cooking time 25 minutes

Ingredients

- 9 ripe plums, halved and stones removed
- juice 1 orange
- zest ½ orange
- 1 tablespoon honey
- ½ teaspoon cinnamon

Ingredients for the cheesecake filling

- 200g extra light cream cheese
- 100g low-fat vanilla yogurt
- 25g caster sugar

To serve

- 4 low-fat ginger snap biscuits, crumbled





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Method

1. Preheat oven to 180°C or gas mark 6.
2. Lay the halved plums in an ovenproof dish skin side down.
3. Mix the orange juice, orange zest, honey and cinnamon together and pour over the plums.
4. Bake in a hot oven for 25 minutes, then remove and allow to cool very slightly (for about 5 minutes), keeping the cooking juices for serving.
5. To make the cheesecake filling, simply whisk the cream cheese, vanilla yogurt and sugar together.
6. When the plums have cooled slightly, spoon the cheesecake filling into the centre of each plum, sprinkle ginger snap crumbs on top and drizzle with a little of the cooking juices before serving.

Tips

This delicious pudding would make a quick, easy and inexpensive alternative to Christmas pudding.

This recipe also works well using 1 teaspoon of artificial sweetener instead of sugar.