

# Berry Swirl Cheesecake Mousse

PREP TIME: 10-15 MINS

YIELDS: 2-3 CUPS

COOK TIME: 5-8 MINS

CHILL TIME: 2-3 HOURS

## Ingredients

- 1 cup Greek yogurt, plain
- ½ cup cream cheese, softened
- 2-3 tablespoons honey
- 1 teaspoon vanilla extract
- Zest of ¼ lemon (optional)
- 1½ cups mixed berries (fresh or frozen)
- 1 tablespoon honey or maple syrup
- 1 teaspoon lemon juice
- Graham cracker or crumbled cookies, as desired



## Recipe Benefits

- Promotes Gut Health
- High Calorie

## Qualities

Texture: Multi/Creamy  
Rating for Scent : 3/10  
Spice Level: 0/10

## Directions

1. In a bowl or mixer, beat cream cheese until smooth and fluffy.
2. Add in yogurt, honey, vanilla extract, and lemon zest, then mix until smooth.
3. Transfer the mixture to a glass storage container (we used a 22oz glass storage container), lining the bottom.
4. In a small sauce pan, combine the berry swirl ingredients and bring to a simmer.
5. Cook for 5–8 minutes, stirring often, to soften the berries and create a syrup.
6. Add  $\frac{2}{3}$  of the berry mixture to the cream cheese blend and gently fold into the mixture, creating swirls (don't overmix!).
7. Pour the remainder of berry mixture overtop.
8. Cover and refrigerate for 2–3 hours.
9. Once chilled, add crumbled graham cracker or cookies and serve.

## Chef Tips/Adjustments

- Let cream cheese soften at room temperature to prevent lumps in mousse.
- Sweetness varies as berries naturally vary in sweetness; taste test and add more honey as desired.

## Nutrition Content for 1 Cup (1/3 recipe)

Calories: 333kcal    Carbohydrates: 37.7g  
Fat: 16.8g            Fiber: 3.1g  
Protein: 10.2g        Added sugar: 23.2g  
Sodium: 171.5mg

