

More than 2 hours

Makes 10-12 bars

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Ingredients:

Base:

- Cooking spray
- 1 box (200g) digestive biscuits, crushed
- ½ cup (125ml) honey or maple syrup

Filling:

- 3 leaves gelatine
- 1 tub (250g) smooth ricotta cheese or 1 tub (230g) medium-fat cream cheese
- 2 cups (500g) PnP strawberries and cream double-cream yoghurt
- ¾ cups (180ml) honey
- 1 tsp (5ml) vanilla extract or vanilla essence

Method:

1. Grease a 36cm x 14cm rectangular loose-bottomed tart tin with cooking spray.
2. Combine crushed biscuits and honey.
3. Press mixture down evenly into tart tin to create the base.
4. Chill in fridge for 30-60 minutes.
5. Place gelatine leaves in water to soften (called sponging or blooming), about 10 minutes.
6. Combine ricotta, yoghurt, honey and vanilla in a mixing bowl.
7. Heat 1 cup of this mixture in a pot over medium heat (it should not boil or bubble). Remove from stovetop.
8. Squeeze water from gelatine, add to the pot and whisk until completely dissolved.
9. Fold gelatine mixture into the rest of the unheated yoghurt filling mixture until smooth.
10. Pour filling over crust and refrigerate until set, 2-4 hours, or overnight.

11. Slice into bars and serve, or store in an airtight container in the fridge for up to 5 days.

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