

Source of CALCIUM

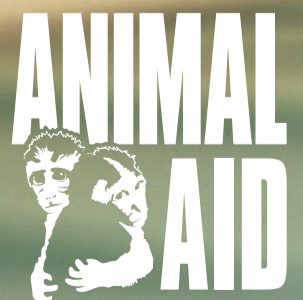
A deliciously creamy
dairy-free cheesecake
topped with fresh
summer fruits

Tofu berry cheesecake



The natural sugars in the fruit and apple juice sweeten the cheesecake, while the low-fat tofu and soya yogurt, both packed with calcium, make this dessert a well-balanced dish. It is packed with vitamins in the fruit, and fibre in the bran flakes.

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For this and other delicious meat-free recipes, visit www.animalaid.org.uk