

Foodnity Recipes

Rhubarb Cheesecake Creams – Light & Creamy Dessert

15 min Prep time	**10 min** Cook time	**25 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups rhubarb, trimmed and sliced
- [ ] 8 oz cream cheese, softened
- [ ] 1/2 cup plain Greek yogurt
- [ ] 3 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest

Optional Garnish

- [ ] Extra lemon zest
- [ ] Fresh mint leaves

Instructions

1. Wash the rhubarb, trim the ends, and slice into 1-inch pieces. Set aside.
2. In a small saucepan, combine rhubarb with 1 tablespoon honey and cook over medium-low heat for 5-7 minutes, just until the pieces soften but still hold shape. Remove from heat and let cool.
3. In a mixing bowl, beat the softened cream cheese until smooth, then fold in Greek yogurt, remaining honey, vanilla, and lemon zest until fully incorporated.
4. Gently fold the cooled rhubarb into the cheese mixture, distributing evenly but not over-mixing.
5. Spoon the mixture into individual serving glasses or ramekins, smooth the tops, and chill for at least two hours.
6. Before serving, garnish with a light dusting of extra lemon zest and a mint leaf if desired.

Nutrition per serving

210 kcal	5 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the rhubarb releases too much liquid, drain it gently before folding in.
- For a sweeter version, increase honey by one more tablespoon.
- A dash of ground cinnamon adds a warm background note.