

Japanese Cheesecake Breakfast Jar



Have you seen the Japanese cheesecake (without cheese) trend taking over social media? We revisited it to turn it into a true complete breakfast rather than just a simple dessert. Prepared the night before, it develops even more flavour and texture: creamy, slightly crunchy and incredibly satisfying. Our dietitians particularly appreciate this option since it is both delicious, high in protein and rich in fibre. For even more inspiration, take a look at our [Two Weeks of Varied Breakfasts](#).

Preparation 10 min

Cooking 0 min

Waiting 60 min

Servings 1

Nutrition Facts (per serving)

Calories 530

Fat 24

Carbohydrates 45

Fibre 13

Protein 24

Sodium 145

Ingredients

The base

- 30 ml (2 tbsp) rolled oats (large flake or quick oats)
- 15 ml (1 tbsp) ground flaxseeds
- 15 ml (1 tbsp) natural almond butter
- 15 ml (1 tbsp) chopped walnuts or pecans
- 5 ml (1 tsp) maple syrup

The yogurt

- 125 ml (½ cup) plain Greek yogurt 2% M.F.
- 5 ml (1 tsp) maple syrup
- 2 ml (½ tsp) vanilla extract
- 2 Speculoos cookies, broken into medium-sized pieces

Fruit topping

- 125 ml (½ cup) thawed crushed strawberries and raspberries
- 10 ml (2 tsp) chia seeds

Preparation

1. At the bottom of an airtight jar, mix the oats, flaxseeds, almond butter, nuts and maple syrup. Press firmly with a spoon to form a compact base.
2. In a bowl, mix the yogurt, maple syrup, vanilla and cookie pieces. Gently pour this mixture over the base.
3. Refrigerate for at least 1h or ideally overnight.
4. When ready to serve, mix the fruit with the chia seeds. Let rest for 5 minutes to thicken slightly. Add on top and serve.

Notes

Store in an airtight container in the refrigerator for up to 3 days. Does not freeze well.



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