

Allégro



7%
MILK FAT +
PROBIOTICS
+ **CALCIUM**

ALLÉGRO PROBIO 7% SOFT RIPENED CHEESE STUFFED WITH APPLES, HONEY, AND NUTS



- + 2 small wheels of Allégro Probio 7% Soft Ripened cheese (100 g each)
- + 15 ml (1 tbsp) of honey
- + Juice of 1 lemon
- + 2 Granny Smith or Gala apples
- + 125 ml (1/2 cup) of walnuts or other type of nuts (pecans, pistachios, etc.)

Using a cookie cutter half the diameter of the Allégro cheese, cut out the centre of the cheese and cut this piece into small cubes. In a bowl, mix together the honey and lemon juice. Using a basting brush, generously dab the rings of cheese with this mixture. Wrap the rings in plastic wrap and refrigerate for 2 hours. Julienne the apples and add them to the remaining honey-lemon mixture. Add the nuts and the cubes of cheese; mix gently. Stuff the centres of the marinated cheese rings with this preparation.

Serving suggestion: Serve with warm toasted bread and fruit chutney.

Nutri-note: This is the perfect finale to a dinner for two. The sweet taste of honey combined with apples and cheese is light and refreshing. Of all nuts, walnuts are richest in heart healthy omega-3 fats.

Source of iron and vitamin A
Good source of vitamin C
Excellent source of calcium

Preparation time: 2 hours
Cooking time: none
Number of portions: 2