

Raw Mini Cheese Cakes – Recipe by Nutritionist Kara Ivy - @Karaivy

Wheat Free – Dairy Free – Refined sugar free – High Fibre – Vegan – Only 7 ingredients!

THE BASE:

- 1 cup medjool dates seed removed
- 1 cup (120 g) raw almonds

THE FILLING:

- 1 1/2 cups raw cashews soaked
- 1 large lemon, juiced -1/4 cup
- 1/3 cup coconut oil melted, OR MCT oil
- 1/2 cup full-fat coconut milk (use cream on top of can)
- 1/2 cup rice malt syrup or maple syrup (or honey if not vegan)
- 1-2 Tbsp peanut butter (can leave this out for lemon cheesecake)

THE METHOD

- Add dates to a food processor Or blender & blend until small bits remain and it forms into a ball. Remove and set aside.
- Next add nuts and process into a meal. Then add dates back in and blend until a loose dough forms . If it's too dry, add a few more dates through the spout while processing. If too wet, add more almond.
- Add muffin patty cases to a 12 slot muffin tin.
- Scoop in heaping 1 Tbsp amounts of crust and press with fingers. To pack it down, use a small glass or the back of a spoon to compact it and really press it down.
- Add all filling ingredients to a blender and mix until very smooth. For the coconut milk, scoop the "cream" off the top for a richer texture.
- Mix for 1 minute, then puree until silky smooth. If it won't come together, add a touch more lemon juice or sweetener or a splash more coconut milk liquid as the liquid should help it blend better.
- Taste and adjust seasonings as needed. If adding peanut butter, add to the blender and mix until thoroughly combined.
- Divide filling evenly among the muffin tins. Tap a few times to release any air bubbles, then cover with plastic wrap and freeze until hard - about 4-6 hours.
- Once set, remove from patty casing. They should pop right out. Keep in the freezer for up to 1-2 weeks.
- Optional: You can set them out for 10 minutes before serving to soften, but I liked them frozen as well.
- Optional: Serve with coconut yoghurt.