

Raw Unreal CheeseCake

Raw cheesecake is unbelievably good. It is creamy, rich and oh so healthy. There are so many variations to this recipe and you can really just have a play. Mostly the crust is made from a combination of nuts and dried fruit, such as dates and raisins

For the Crust:

2 cups raw macadamia nuts or 2 cups pecans
1/2 cup dates, pitted (medjools) 12 medjool dates
1/4 cup dried coconut

For the Filling:

3 cups chopped cashews, soaked for at least 1 hour
3/4 cup lemon juice
3/4 cup honey
3/4 cup coconut oil
1 teaspoon real vanilla essence
1/2 teaspoon celtic sea salt (optional)

For the Raspberry Sauce:

1 bag frozen raspberries (or use whatever berries you prefer)
1/2 cup dates

To make the crust, process the macadamia nuts and dates in the food processor. Sprinkle dried coconut onto the bottom of an 8 or 9 inch spring form pan. Press crust onto the coconut. This will prevent it from sticking.

To make the cheese, blend the cashews, lemon, honey, gently warmed coconut oil (do not use microwave), vanilla, sea salt (if using), and 1/2 cup water. Blend until smooth and adjust to taste.

Pour the mixture onto the crust. Remove air bubbles by tapping the pan on a table.

Place in the freezer until firm. Remove the whole cake from the pan while frozen and place on a serving platter. Defrost in the refrigerator.

Serve with Raspberry Sauce.