

Recipe - Raw Vegan Lemon & Raspberry Cheesecake

Recipe Ingredients

for the raw base

- 2 cups almonds
- 1 cup whole pitted dates
- Small pinch good quality sea salt or himalayan salt
- 3-4 tbsp water

for the raw cheesecake filling

- 2 cups cashew nuts, soaked overnight
- 1 lemon - juice of
- ½ teaspoon vanilla extract
- ½ cup coconut oil (as liquid)
- ½ cup plain vegan coconut yogurt
- ¼ -½ cup maple syrup

for the top of the cheesecake

- Raspberries to decorate
- Zest of the lemon
- Optional: flowers - I used daisies



You will need

- 8 inch cake tin
- Parchment paper
- Blender
- Mixer with an S-blade

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Recipe Instructions

1. Soak the dates in enough hot water to cover them and leave for a few minutes. I love their squidgyness.
2. Line the cake tin with parchment so that there's plenty of paper coming over the top and sides. This is so you can easily sliding the cheesecake out of the tin when it's finished.
3. To make the base, place the almonds and a pinch of salt into the blender. Blend into breadcrumb size pieces.. You may need to pulse it so that it doesn't turn into nut butter.
4. Add the drained dates and a tablespoon of the soak water. Pulse. The mixture needs to just hold together when pressed so add another tbsp water if needed. Press into the bottom of your cake tin. This is your cheesecake crust.
5. For the topping take the drained, soaked cashew nuts and the rest of the filling ingredients and blend until it's really creamy and smooth throughout.
6. Pour the filling on top of the crust. Cover with plastic wrap and pop into the freezer for around 2-3 hours to set.
7. Defrost for 1-2 hours before serving. Add the raspberries, lemon zest and any flowers just before you serve.

You will need to keep this cool.

Your Notes: