



RAW BLUEBERRY CHEESECAKE

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 15 mins

Cook time: Nil mins

Serves: 6-8

INGREDIENTS



- 2 cups raw cashews, soaked overnight
- 1 cup dried figs, diced and soaked overnight
- Juice of 1 lemon
- 1 cup coconut milk
- 2 tbsp rice malt syrup
- 2 tbsp dextrose powder
- 2 cups frozen blueberries, thawed
- ½ cup protein powder, (see note)
- ½ cup raw almonds

METHOD

- Line a 20cm baking tin with baking paper.
- In blender, add figs and almonds and blitz until a sticky paste is formed.
- Press into the base of the prepared tin.
- In blender add drained cashew nuts, lemon juice, coconut milk, rice malt syrup and protein powder and blend until smooth.
- Pour and spread evenly over the base in the tin.
- Blend blueberries and dextrose until a puree is formed, and spread over cheesecake.
- Place cheesecake in the freezer for 3-4 hours.
- To serve, remove from freezer 15 minutes before serving.

NOTE:

I use Prana Tribal Force Protein, choc cherry coconut flavour.
Use pitted cherries instead of blueberries for a change.