



RAW LEMON MINI CHEESECAKES

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 10 mins

Cook time: Nil

Soak time: Cashews soaked in boiling water 2 hrs min.

Serves: Makes 16



INGREDIENTS

• **BASE**

- 1/2 cup almonds
- 1/4 cup shredded coconut, unsweetened
- 5 large Medjool dates
- 1 tsp grated ginger
- 1 tsp vanilla extract
- Pinch pink rock salt

• **FILLING**

- 1 cup soaked cashews
- 1/4 cup lemon juice
- 1/4 cup rice malt syrup
- 1/4 cup coconut oil
- 1 tsp vanilla extract
- Pinch pink rock salt
- 1/8 tsp Turmeric (for colour)

METHOD

- Grease a mini muffin tin with coconut oil.
- Blend all base ingredients in food processor until coarsely combined.
- Press 1/2 tbsp into each base of prepared muffin tin, (makes about 16).
- Blend soaked cashews in processor until a paste, add all other filling ingredients EXCEPT RICE MALT SYRUP, and blend until smooth.
- Stir in rice malt syrup, pour filling over bases, and place into the freezer.
- Store these in the freezer, remove just prior to serving.