

Raw Vegan Raspberry Cheesecake

For the Crust:

2 cups raw macadamia nuts
1/2 cup dates, pitted
1/4 cup dried coconut

For the Cheese:

3 cups chopped raw cashews, soaked for at least 1 hour
1/2 cup lemon juice
2/3 cup raw organic agave nectar
3/4 cup raw organic TCCO coconut oil
1 teaspoon organic vanilla extract (not essence)
1/2 teaspoon celtic sea salt (optional)



For the Raspberry Sauce:

1 bag frozen raspberries (or whatever berries you prefer)
1/2 cup dates (soaked for a few minutes in warm water)

1. 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. Drop large spoonfuls of crust mix onto coconut and press crust together to make even base. Coconut will prevent it from sticking to tin.
2. To make the cheese, blend the cashews, lemon, agave, 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; little extra lemon, agave or vanilla etc. Pour the mixture onto the crust. Remove air bubbles by tapping the pan on a table. Place into the freezer until firm and then top with Raspberry Sauce.
3. Sauce; blend semi-defrosted berries and soaked dates to a smooth sauce. Return to freezer.
4. Remove the whole cake from the pan while frozen, and place onto a serving platter. Defrost in the refrigerator. (Weight-managers: It is filling, a one inch slice is all the average person would need. So slice off what you need and return it to freezer or invite friends to share it with you so there's none leftover to tempt you during the rest of the week.)

