

Raw Cheesecake (Andrea Nison)

Equipment

Springform pan (Recommend 9", but can use any size desired)

Large canister food processor

Vita Mixer or a very strong blender with an 8 cup canister

Ingredients

I use organic, but you can use conventional if you prefer

Crust

$\frac{1}{2}$ cup of medjool dates (approximately 6 - 7 large dates with pits removed)

2 cups of soaked raw almonds

$\frac{1}{4}$ cups of dried coconuts (use to sprinkle on the bottom of a springform pan if not non-stick. You can also use parchment paper instead of coconuts to prevent sticking)

Soak the almonds overnight for 8 - 12 hours to release the enzyme inhibitors and to make processing easier. Drain and rinse the almonds. Use freshest dates you can find. They should be somewhat moist. If unable to find moist dates; soak then for about 20 minutes to soften them. Don't use the soak water.

Place almonds and dates in a food processor using the "S" blade. Process until the almonds and dates form a finely ground sticky crust. Spread the crust on the bottom of the springform pan making sure it is spread even and smooth.

Filling

3 cups of soaked raw cashews

$\frac{1}{2}$ cup of medjool dates (see note above re: dates)

$\frac{3}{4}$ cup of lemon juice

$\frac{3}{4}$ cup of raw honey

$\frac{3}{4}$ cup of coconut oil or for a richer texture use coconut butter

1 tsp of ground vanilla bean or vanilla extract (optional)

pinch of sea salt (optional)

Water

Soak raw cashews for 2 hours to give them a creamier texture for blending. Drain the soak water. Since there are no enzyme inhibitors to remove, you don't have to rinse them.

Place cashews, lemon juice in blender first. Then place the remaining items. Add a small amount of water to help with blending the ingredients. Just keep adding a little at a time until the blender starts to blend. Do not add too much water. The filling should be smooth, thick and creamy. If your blender is not strong enough to handle the filling, use the food processor. Note: the food processor will not make the filling as smooth as a good blender.

Place the filling on top of the crust in the springform pan tap the sides to remove air bubbles and make sure the filling is evenly spread in the pan.

Strawberry Sauce

2 cups of fresh strawberries or frozen strawberries

$\frac{1}{4}$ cup of honey

Water

Place strawberries and honey and just a little water in the blender. Don't use too much water; the sauce should be thick.

Pour the strawberry sauce on top of the cheesecake filling and place in the freezer for a minimum of 2 hours. I usually let it freeze overnight and then thaw it in the fridge for two hours. Unlock the pan and place the cheesecake on a dish after removing from the freezer to thaw in the fridge.

Alternatively, you can freeze the cheesecake without the sauce. Refrigerate the sauce and spoon it on individual cake slices.

Please note the combination of nuts and fruit is not ideal for digestion. Limit your consumption and/or take good digestive enzymes. This dessert is very dense, so thin slices should be satisfying for most.