



NO BAKE TROPICAL - CHEESECAKE

NO BAKE TROPICAL CHEESECAKE (RAW VEGAN DESSERT)



INGREDIENTS

Crust:

- ◆ .5 cup pepitas (chopped)
- ◆ 1 cup gluten-free oat flour (finely ground)
- ◆ 2/3 cups shredded, unsweetened raw Coconut flakes
- ◆ 2 tablespoons coconut oil (melted)
- ◆ 1/4 cup maple syrup
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)

Cheesecake Filling:

- ◆ 1 cup + 4 tablespoons raw hazelnuts (sprouted)
- ◆ A 14 oz can full cream condensed coconut milk (must use full-cream otherwise it won't be creamy)
- ◆ 1 cup shredded, unsweetened raw coconut flakes
- ◆ 2 tablespoons vegan sweetener (maple syrup)

Tropical Fruit Puree:

- ◆ 3 cups frozen fruit (mango, pineapple, strawberries) + 2 tablespoons of vegan sweetener

Garnish:

- ◆ Frozen blueberries

METHOD

First, lightly grease (with coconut oil) an 8- or 9-inch pie pan, glass Pyrex, or another baking pan. If you sprouted your nuts or seeds, drain them before adding them to the blender.

Put crust ingredients into a blender and turn on chop setting, and continue to process until the crust is evenly blended. Consistency should be crumbly and sticky.

Remove the crust ingredients from the blender, and then press evenly into the bottom of the pan. Place pan into the freezer, allowing the crust to set while you prepare the filling.

Next, prepare the filling. Add the seeds into the blender first, turn blender on and pulse the seeds till they form a grain-like consistency. Add the remaining ingredients and blend until smooth.

Remove the pan from the freezer, and pour the creamy filling evenly over the top of the crust. Place the pan back into the freezer for up to 4 hours.

When finished, remove approximately 15 min before serving. Add my homemade warm caramelized apples, blueberry syrup, or your favorite toppings, or garnishes.

If you are adding puree topping, this can be done after you have removed the pan from the freezer to serve. Add ingredients into the blender slowly pureeing them till they are liquified. Transfer desired portion over the top of your piece of cake. Enjoy!

Store leftovers up to 60 days, covered in the freezer.