

Lemon & Berry Cheesecake

Serves 16

For the crust:

½ cup (40g) desiccated coconut
1 cup (100g) walnuts, chopped
12 medjool dates
pinch of salt

For the lemon layer:

2 cups (230g) cashews, soaked for 4 hours or overnight
1 cup (240ml) coconut cream
4 tbsp. coconut oil, soft
½ cup (120ml) maple syrup
zest of 1 lemon
juice of 1 lemon juice
pinch of salt

For the berry layer:

1 cup (150g) frozen red berries
2 tbsp. chia seeds
2 tbsp. lemon juice
2 tbsp. maple syrup

What you need to do

1. Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.
2. Drain the cashews and pat dry with a kitchen towel. Place all the lemon layer ingredients in a food processor and puree until smooth. Spread over the crust and return into the freezer.
3. Prepare the last berry layer. Place all ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional). Return to the freezer and freeze until set.
4. Remove the cheesecake from the freezer for about 20 minutes before serving.



GF	DF	MP	V	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					30 mins	2 hrs	297	19	30	5

*Nutrition per serving

