

RAW Meyer Lemon, Vanilla Bean Cheesecake

TAKEN FROM WWW.ROOSTBLOG.COM (MY WIFE'S FAVORITE BLOG!) THIS CHEESECAKE IS UNBELIEVABLE, AMAZING AND GOOD FOR YOU AND TAKES 20-30 MINUTES TO MAKE! Reduce the sweetener in my opinion, but when you serve it, even "normal" people will love it. There is an amazing lavender version on her website as well that is equally good and more unique.

For the Crust

2 cups raw almonds soaked overnight
1/2 dates, pitted (about 7 or 8 dates) if dates are really dry, put them in a bowl of warm water for 10 minutes, discard water
1/4 cup non-sweetened coconut flakes

Place almonds and dates in a food processor and mix until chopped and well incorporated. Cover the bottom of a 9inch spring form cake pan with the coconut flakes (this prevents the cake from sticking the pan). Pour the almond mixture on top of the coconut flakes, spread out and mold into the cake pan.

For the Filling

3 cups raw cashews soaked for three hours
3/4 cup fresh meyer lemon juice
3/4 cup raw honey (you can use regular honey)
3/4 cup raw coconut oil (Artisana is my favorite brand) you do not have to warm it, just use it straight out of jar
1 tsp vanilla or 1 vanilla bean, split open and seeds scraped, pod discarded
1/2 tsp celtic sea salt

To make the cheese, blend the cashews, lemon, honey, coconut oil, vanilla/vanilla bean, and sea salt. Blend until smooth and adjust to taste. (For the best results you need to use a high speed blender!) Pour mixture on top of the "crust" and carefully tap the pan on the counter to release any air bubbles.

For the topping

1 bag of frozen blueberries (or any berry that you prefer)
Honey or dates to sweeten (I didn't measure I just poured and tasted)
1/4 cup apple cider (this is optional, but my mixture was too thick so I added the cider to smooth it out...orange juice would work great too or water if needed)

Place honey, berries and cider/juice in a high speed blender and process until smooth. Pour over "cheese" mixture. Place the pan in the freezer for at least three hours or overnight. Before serving place on counter to thaw slightly. This is best served semi frozen, soft enough to run a serrated knife through.