



## Raspberry Summer Bliss Cheesecake

LEVEL: EASY

PREP TIME: 45 minutes

FREEZE TIME: 2 hours

Indulge in the perfect summer treat with this easy-to-make, no bake raspberry cheesecake. Made with creamy cashew cheese and bursting with antioxidants, this healthy and delicious dessert is perfect for all ages. So go ahead, take a bite and savour the sweet taste of summer!

### Ingredients

- **Topping:** 1 tsp vanilla extract, a pinch of salt, 1 1/2 tbsp maple syrup, 1 tbsp chia seeds, 2 cups frozen raspberries (200g)
- **Crust:** 1 1/2 cups rolled oats, 1/2 cups shredded coconut, a pinch of salt, 1/4 cup pitted dates, finely sliced, 1/4 cup juice from topping made above, 2 tbsp melted coconut oil, 1 1/2 tbsp vanilla extract, 1 tbsp maple syrup, 1 tbsp lemon juice, 1/2 tbsp grated orange zest.
- **Filling:** 1 1/2 cups cashew nuts (soaked for 4 hours, rinsed & drained), 1 cup shredded/ desiccated coconut, 1/3 cup maple syrup, 1/4 cup coconut milk, 3 tbsp lemon juice, 1 tbsp vanilla extract, pinch of salt, 1/2 cup coconut oil, melted. Plus more raspberries for top of the cake.

### Method

- **Topping,** Add vanilla and salt to the maple syrup. Add chia seeds and fold in the raspberries. Set aside for >10 minutes as you make the crust. Strain the raspberries, save 1/4 cup of the juice for the crust.
- **Crust:** Add the oats, coconut and salt to a food processor. Pulse until combined. Add the remaining ingredients until a dough is formed.
- Scrape down the sides as needed. Press the crust evenly into the base and side of a 20cm spring form cake tin.
- Cover and set aside in the refrigerator as you make the filling.
- **Filling:** Blend all ingredients except the coconut oil until smooth. Make sure the cashews are thoroughly blended and not grainy. Add the coconut oil and blend until incorporated.
- Pour the filling into the crust and freeze for at least 2 hours or until set. Once the cake is firm, remove the cake tin, cover with topping and add additional raspberries over the cake.