



Mini Raw Blueberry Cheesecakes

8 servings

1 hour 30 minutes

Ingredients

- 1/2 cup Almond Flour
- 1/2 cup Pitted Dates
- 1 cup Cashews (soaked for at least two hours)
- 1/2 cup Frozen Blueberries
- 2 tps Lemon Juice
- 1/4 cup Canned Coconut Milk
- 1/2 Banana

Nutrition

Amount per serving	
Calories	190
Fat	13g
Carbs	17g
Fiber	2g
Sugar	9g
Protein	5g
Potassium	202mg
Calcium	28mg
Iron	1mg
Vitamin D	0IU
Magnesium	71mg
Zinc	1mg

Directions

- 1 Prepare a muffin tray with muffin liners or use a silicone muffin tray.
- 2 Pulse the almond flour and dates in a food processor until you create a crumbly, somewhat sticky mixture. Divide the mixture into your prepared muffin tray. Press the mixture down firmly to create a crust and set aside in the freezer.
- 3 Wipe clean the food processor and add the cashews, blueberries, lemon juice, coconut milk, and banana. Blend the mixture until you get a smooth, creamy texture. Remove the muffin tray from the freezer and spread approximately two tablespoons of the cashew mixture on top of the crusts, being sure to evenly distribute the mixture.
- 4 Put the muffin tray back in the freezer for at least one hour to set. When you are ready to enjoy the cheesecakes, remove them from the freezer five to ten minutes before to soften the cheesecake slightly. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one week.

Serving Size: One serving is one cheesecake.

More Flavour: Add maple syrup to the cashew mixture for more sweetness.

Additional Toppings: Fresh or frozen blueberries and/or coconut whipped cream.

Short on Time: Soak the cashews in boiled water for 10 minutes.