

Mini Blueberry "Cheesecakes"

Courtesy of Natural Zing website

Makes: One 9" cheese cake (pie plate) or 8 mini cheesecakes

Ingredients:

Crust:

1½ cups raw almonds
8 to 10 Medjool dates, pitted
1 to 2 teaspoons water

Ingredients:

For the filling:

2 cups raw cashews, soaked overnight in water
1½ cups fresh blueberries, plus more for topping
1/3 cup coconut palm sugar
½ cup melted coconut oil
Juice of 1 lemon (or 2 tablespoons lemon juice)
½ teaspoon salt

Preparation:

Crust

In a food processor, combine almonds and dates.
Slowly add water, 1 teaspoon at a time as needed, until mixture clumps together.
Place pie crust in a 9" pie pan and mold in into place.
For Mini cheesecakes, place liners in muffin pan.
Press a little bit of crust into each cup.

Preparation:

Filling

In a food processor or a high-speed blender, combine cheesecake ingredients until mixture is smooth.
You may need to use a tamper or a spatula to work the filling down into the blender.
Pour cheesecake filling into the crust of the pie pan.
For mini cheesecakes spoon cheesecake mixture into each muffin cup, filling to the top.
Once all muffin cups are filled, place muffin pan into refrigerator for 8 hours until completely firm. You can also place cheesecakes into the freezer for 3 hours to speed up the process.
Serve topped with fresh blueberries, if desired.