



Ashley's Meal Prep Monday!

Paleo Vegan Raspberry Cheesecake



INGREDIENTS

Raspberry topping:

12oz raspberries
1 TBSP tapioca starch
2 TBSP water
1/3 cup coconut sugar

Crumb crust:

3/4 cup pecans
1/2 cup almond flour
3 TBSP coconut sugar
1 TSP cinnamon
1/4 TSP fine sea salt
3 TBSP melted coconut oil



Cheesecake layer:

2 cups raw cashews (soaked for at least 2 hours in warm water and drained)
1/4 cup solid coconut oil
1 cup chilled coconut cream
1/2 cup maple syrup
2 TBSP fresh lemon juice
2 TSP vanilla
1/4 TSP sea salt

Raspberry topping - whisk tapioca and water together until dissolved. Place raspberries, sugar, and tapioca mix into small saucepan over medium heat. Stir as it cooks, bringing to a simmer - allow to simmer 7-8 minutes, stirring constantly. Remove from heat - it will thicken as it cools and you can chill it in the fridge.

Crust - Using a food processor, pulse the nuts, almond flour, sugar, cinnamon and salt to form 'graham cracker crumbs.' Stir in coconut oil to form mixture.

Cheesecake - place all ingredients in blender and blend until smooth and creamy. Takes anywhere from 1-4 minutes. Make sure you scrape down the sides and continue to blend. Chill in fridge for at least an hour.

Once the sauce and cheesecake layer have chilled, assemble the jars! I used small mason jars, but you could use any size depending on how many you want to make. I ended up with 9 1/2.

Spoon about 1 1/2-2 TBSP of the crumbs into the bottom of each jar. Follow with 1/4 cup of the cheesecake layer, then top with as much of the raspberry sauce as you'd like.

You can either serve right away, or cover the jars with lids and re-refrigerate!



Enjoy!

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