



# Ashley's Meal Prep Monday!



## Caramel Apple Cheesecake

### INGREDIENTS

Cheesecake: 1 cup raw cashews - soaked for 3 hours and drained  
1/3 cup melted coconut oil  
1/3 cup maple syrup  
1/4 cup cashew milk  
3 TBSP lemon juice  
1/8 TSP salt

Caramel: 1/3 cup cashew butter  
1/4 cup maple syrup  
1 1/2 TSP apple pie spice  
1/8 TSP salt

Apple: 1 cup peeled and diced  
1 TBSP water

Topping:  
1 cup almond flour  
1/4 cup coconut sugar  
1/8 TSP salt  
1/2 TSP cinnamon  
3 1/2 TBSP coconut oil



Cheesecake: In a high powered blender, combine cashews, coconut oil, syrup, milk, lemon juice and salt. Blend until completely smooth, stopping and scraping down edges as needed.

Caramel: In a medium bowl, combine cashew butter, syrup, apple pie spice and salt. Stir until smooth and creamy. Add the apple and water to a small pan and cook on medium heat 4-5 minutes until the water is absorbed and the apples are tender. Add to the caramel mixture and stir to combine.

Crumb topping: In a small bowl, combine flour, coconut sugar, salt, cinnamon and coconut oil. Mix until crumbly.

Get some mason jars and scoop some of the cheesecake into the bottom. Then add some caramel apple, followed by some crumb topping, more cheesecake, and more crumb topping.

RECIPE: [REALFOODWITHJESSICA.COM](http://REALFOODWITHJESSICA.COM)

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