

# Berry Coconut Cheesecake



This sensational dessert is gluten and dairy free and packed with protein to keep the body energised. By using Essential Coconut Oil you can create this deliciously creamy, dairy-free cheesecake, packed full of antioxidant rich berries. It is topped with a simple pure fruit spread. This dish is great for freezing and can be served as a fantastic iced dessert too. Simply remove from the freezer 30 minutes before you wish to serve. Vary the berries according to availability and season. Fresh raspberries create a stunning ruby red tart while blackberries and blueberries produce a sensational lilac coloured cheesecake.

Suitable for Vegetarians & Vegans, Gluten-Free, Wheat-Free, Dairy-Free, Soy-Free, Egg-Free, Seed-Free

# Berry Coconut Cheesecake

Preparation time: 20 minutes  
plus 2-3 hours chilling time  
Storage: will keep in the fridge for 3 days  
or freeze for up to 1 month

**Ingredients** Serves: 10-12

## Base

150g / 5oz Essential Cashew Nuts  
90g / 3¼oz Essential Desiccated Coconut  
Pinch of sea salt  
Juice and zest of 1 lemon  
2 tbsp Essential Coconut Oil, melted

## Filling

250g / 9oz Essential Cashew Nuts  
60g / 2oz xylitol  
2tsp vanilla extract  
100g / 3½oz Essential Coconut Oil, melted  
225g / 8oz fresh berries of choice e.g.  
blackberries, blueberries, raspberries  
100ml / 3½floz pure berry / pomegranate juice  
Juice of ½ lemon

## Berry Jam Topping

250g / 9oz fresh berries, as in the cheesecake  
1tbsp lemon juice  
2tsp xylitol to taste  
2tsp agar agar flakes

## Instructions

1. Make the base by grinding the nuts & coconut in a blender until fine. Stir in the remaining ingredients to form a sticky dough. Press firmly into the base of a 20cm/8in spring form cake tin. Freeze for 30 minutes to harden.
2. Place all the filling ingredients into a blender or food processor and process until smooth. Pour the mixture over the base and chill for 3-4 hours until set.
3. To make the berry jam topping, place the berries in a pan with the lemon juice, xylitol and agar agar flakes. Heat gently and simmer for 2-3 minutes until syrupy. Leave to cool before using to thicken the spread.
4. Remove the cheesecake from the tin. Spread over the berry jam and cut into slices.
5. Garnish with fresh berries and serve.

# Essential



Essential offers a wide range of natural wholefoods and since 1971 have been developing the variety and quality of the raw ingredients on offer. Cashew nuts contain heart-healthy monounsaturated fats including oleic acid, the same fat found in olive oil which has been shown to promote good cardiovascular health. Mineral-dense cashew nuts provide valuable nutrients such as copper and magnesium. Copper is vital for energy production and bone development whilst magnesium is also essential for strong bones and assists with relaxation.

- Combine cashews with other nuts and fresh fruit for a healthy snack
- Add cashews to your stir fry just before serving
- Top your porridge or muesli with cashews for extra health benefits
- Blend to make cashew nut butter and try adding it to your breakfast smoothie for sustaining protein and a creamy texture.
- Mix cashew butter with tamari, cayenne pepper, garlic, ginger and water to make a wonderful sauce.
- Blend cashews with a little water, a sweet syrup (to taste) and a drop of vanilla essence to make a healthy, delicious, non-dairy cream.

## Nutritional Information

	Per serving	Per 100g
Calories:	344kcal	312kcal
Protein:	6.5g	5.9g
Total Fat:	30g	27.2g
of which saturates	27.2g	14.3g
Carbohydrates:	14.2g	12.9g

Christine Bailey is a well known Nutritionist, Coach, Chef & Food and Health Trainer. She has over 16 years experience in the food & health industry working with a wide range of clients from Corporates, Food and Health Companies to National Charities, Local Authorities and private clients. During her extensive training she gained a First Class Honours BSc in Nutritional Therapy at the Centre for Nutrition Education and Lifestyle Management, a MSc in Sciences, Professional Chef qualification & Professional Teaching qualification PGCE in food, health and nutrition.

