



Blueberry Bliss Vegan Cheesecake



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 0.3 cup banana mashed (1 medium-size banana)
- ☐ 2 cups blueberries
- ☐ 4 tablespoons canola oil melted
- ☐ 0.5 cup unroasted cashews whole soft for 2 to 8 hours or until very
- ☐ 3 tablespoons coconut oil room temperature
- ☐ 1 tablespoon cornstarch
- ☐ 1.3 cups graham crackers finely
- ☐ 2 tablespoons juice of lemon

- ☐ 0.5 teaspoon sea salt
- ☐ 12 ounce silken tofu drained
- ☐ 1 tablespoons soy milk plain
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon vanilla extract pure

Equipment

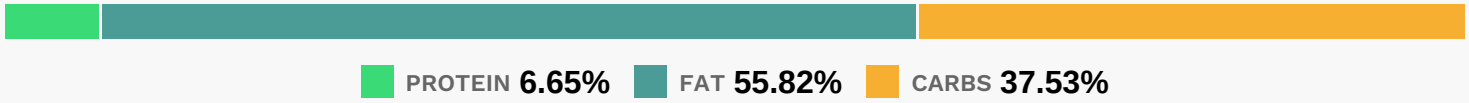
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ springform pan

Directions

- ☐ Preheat the oven to 350°F. Lightly spray a 9-inch springform pan with cooking spray. Prepare the cookie crumb crust and press it very firmly into the pan.
- ☐ Drain the cashews and pour into a food processor or blender.
- ☐ Add the blueberries, banana, tofu, sugar, coconut oil, cornstarch, salt, lemon juice, and vanilla extract. Puree until very smooth; this could take up to 5 minutes depending on your blender.
- ☐ Pour the filling into the pan.
- ☐ Bake the cheesecake for 55 to 60 minutes, until the top is lightly puffed and the edges of cake are pulling away from the pan.
- ☐ Remove it from the oven and let cool on a rack. In the meantime, prepare the topping.
- ☐ Combine all the topping ingredients in a small saucepan. Stirring often, bring the mixture to a boil, so that the blueberries burst. Lower heat to a simmer and cook for about 5 more minutes.
- ☐ Remove the topping from the heat and pour it over the cheesecake.

- ☐
- Let the cake cool until it’s okay to handle, about 30 minutes, and wrap it in plastic wrap.
- ☐
- Place it in the fridge to set for about 2 hours.Once completely set, release the springform and slice the cake with a sharp knife dipped in cold water
- ☐
- Preheat the oven to 350F and lightly spray a 9–inch pie plate with nonstick cooking spray.In a mixing bowl, combine the cookie or graham crumbs and sugar.
- ☐
- Drizzle in the oil or melted margarine. Use a spoon to blend the mixture thoroughly to moisten the crumbs, the drizzle in the soy milk and stir again to form a crumbly dough.Follow directions in cheesecake recipe above.

Nutrition Facts



Properties

Glycemic Index:28.46, Glycemic Load:9.42, Inflammation Score:-2, Nutrition Score:4.0213043336635%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 191.04kcal (9.55%), Fat: 12.3g (18.92%), Saturated Fat: 7.42g (46.38%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 17.31g (6.29%), Sugar: 9.29g (10.32%), Cholesterol: 0mg (0%), Sodium: 161.89mg (7.04%), Alcohol: 0.37g (100%), Alcohol %: 0.52% (100%), Protein: 3.29g (6.59%), Copper: 0.2mg (10.09%), Manganese: 0.19mg (9.61%), Magnesium: 32.92mg (8.23%), Phosphorus: 73.07mg (7.31%), Vitamin K: 6.67µg (6.36%), Iron: 1.08mg (6.02%), Vitamin B1: 0.09mg (5.67%), Fiber: 1.3g (5.19%), Vitamin C: 4.02mg (4.87%), Zinc: 0.7mg (4.65%), Potassium: 150.51mg (4.3%), Vitamin B6: 0.08mg (3.75%), Vitamin B3: 0.69mg (3.45%), Vitamin B2: 0.06mg (3.3%), Folate: 9.29µg (2.32%), Calcium: 22.18mg (2.22%), Selenium: 1.23µg (1.75%), Vitamin E: 0.24mg (1.6%), Vitamin B5: 0.1mg (1.02%)