



## No-Bake Coconut Kefir Vegan Cheesecake



Vegetarian



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



320 kcal

### Ingredients

- ☐ 1 Tablespoon agar agar powder
- ☐ 0.3 cup tapioca/arrowroot flour
- ☐ 1 cup coconut milk
- ☐ 6 Ounce vanilla coconut milk yogurt
- ☐ 6 Tablespoons coconut oil melted
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 Teaspoon ground cinnamon (Optional)
- ☐ 2 cups original coconut kefir
- ☐ 1 Tablespoon vanilla extract

- ☐ 10 Ounces vegan wafer cookies\*

## Equipment

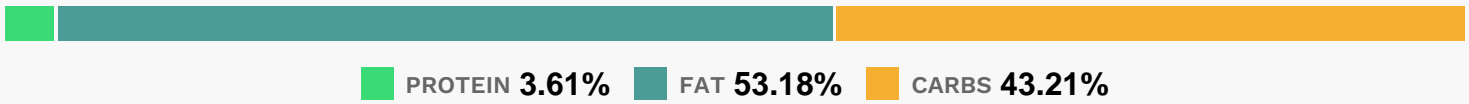
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ stove
- ☐ ziploc bags
- ☐ springform pan
- ☐ rolling pin
- ☐ measuring cup

## Directions

- ☐ First, finely crush your cookies so that they're about the texture of almond meal, and mixing in the cinnamon if using. I find that a food processor helps to get a better texture, but you can also smash them in a sealed plastic bag with a rolling pin.
- ☐ Transfer the crumbs to a medium bowl, and stir in the melted margarine or coconut oil, making sure that you moisten all of the crumbs and leave no dry patches in the mixture. Lightly grease a 10-inch round springform pan, and press the crumb mixture into the bottom, smoothing it out evenly with the bottom of a measuring cup or glass.
- ☐ Place it in the refrigerator for the time being. In a medium saucepan, combine the coconut yogurt, coconut kefir, and coconut milk. Separately, mix together the agar, sugar, and arrowroot in a small dish, being careful to evenly distribute all of the dry ingredients. This will help to prevent lumps from forming. Slowly sprinkle this dry mixture into the saucepan while vigorously whisking, until you're certain that it's all been incorporated, and there are no clumps lurking on the bottom of the pan, too. Turn on the stove to medium heat, and whisk occasionally (but don't walk away!) as it comes up to temperature, until bubbles break on the surface and it feels significantly thickened. Turn off the heat, whisk in the vanilla, and retrieve your chilled crust.

- ☐
- Pour the cooked filling into your springform pan, and tap it a few times on the counter to release any air bubbles and to even out the top.
- ☐
- Let cool COMPLETELY at room temperature before moving the cheesecake into your fridge to chill; Hastening this process will weaken the gel, and lead to syneresis.Chill for at least 3 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:37.76, Glycemic Load:24.6, Inflammation Score:-2, Nutrition Score:7.4734782725573%

## Nutrients (% of daily need)

Calories: 319.62kcal (15.98%), Fat: 19.45g (29.93%), Saturated Fat: 14.17g (88.54%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 35.09g (12.76%), Sugar: 22.09g (24.55%), Cholesterol: 5.24mg (1.75%), Sodium: 120.77mg (5.25%), Alcohol: 0.37g (100%), Alcohol %: 0.39% (100%), Protein: 2.97g (5.94%), Vitamin D: 16µg (106.67%), Manganese: 0.29mg (14.71%), Vitamin B1: 0.11mg (7.11%), Folate: 28.02µg (7%), Iron: 1.2mg (6.68%), Calcium: 60.34mg (6.03%), Magnesium: 18.63mg (4.66%), Phosphorus: 42.05mg (4.21%), Vitamin B3: 0.83mg (4.15%), Copper: 0.08mg (3.95%), Vitamin B2: 0.06mg (3.45%), Potassium: 99.48mg (2.84%), Fiber: 0.48g (1.9%), Vitamin A: 82.12IU (1.64%), Zinc: 0.22mg (1.44%)