

## Raw Berry Vegan Cheezcake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 cups almonds raw (unsoaked)
- ☐ 2 bananas
- ☐ 2 cups blueberries fresh
- ☐ 0.3 cup coconut or grated
- ☐ 1 cup dates pitted
- ☐ 1 teaspoon ground flax seed
- ☐ 0.8 cup juice of lemon fresh
- ☐ 4 cups cashew pieces raw drained for 2 hours, then (soaked )

- ☐ 0.8 cup honey raw (or agave/maple syrup)
- ☐ 0.5 teaspoon celtic sea salt (or Himalayan)
- ☐ 2 cups strawberries fresh
- ☐ 1 teaspoon vanilla

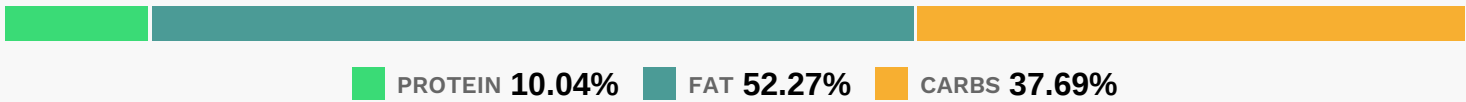
## Equipment

- ☐ food processor
- ☐ muffin liners

## Directions

- ☐ Combine all ingredients in food processor and process with the S-blade. Press about 1-tablespoon into cupcake liners.
- ☐ Place all ingredients in food processor and blend using the S-blade until smooth and thick.
- ☐ Pour onto crust.
- ☐ Place 1/2 cup dates and 2 cups of strawberries in food processor and blend with S-blade.
- ☐ Pour over 1/2 of cheesecake. Repeat with Blueberries and pour over the other 1/2.Set in freezer for an hour or more, serve frozen.

## Nutrition Facts



## Properties

Glycemic Index:12.1, Glycemic Load:8.13, Inflammation Score:-5, Nutrition Score:12.470869554126%

## Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg Delphinidin: 4.41mg, Delphinidin: 4.41mg, Delphinidin: 4.41mg, Delphinidin: 4.41mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

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0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg,  
Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.32mg, Kaempferol: 0.32mg,  
Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin:  
0.17mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.02mg,  
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Nutrients (% of daily need)

Calories: 260.4kcal (13.02%), Fat: 16.13g (24.82%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 26.17g (8.72%),  
Net Carbohydrates: 22.5g (8.18%), Sugar: 15g (16.66%), Cholesterol: 0mg (0%), Sodium: 52.96mg (2.3%), Alcohol:  
0.06g (100%), Alcohol %: 0.08% (100%), Protein: 6.98g (13.95%), Manganese: 1.02mg (50.89%), Copper: 0.64mg  
(31.86%), Magnesium: 106.26mg (26.56%), Vitamin E: 3.38mg (22.52%), Phosphorus: 198.11mg (19.81%), Vitamin B2:  
0.3mg (17.49%), Vitamin C: 12.2mg (14.79%), Fiber: 3.67g (14.68%), Zinc: 1.78mg (11.86%), Iron: 2.1mg (11.68%),  
Potassium: 368.73mg (10.54%), Vitamin K: 10.2µg (9.71%), Vitamin B1: 0.14mg (9.3%), Vitamin B6: 0.17mg (8.54%),  
Selenium: 5.3µg (7.57%), Calcium: 57.47mg (5.75%), Folate: 19.05µg (4.76%), Vitamin B3: 0.92mg (4.62%), Vitamin  
B5: 0.36mg (3.59%)