



Raw Vegan Strawberry Cheesecake



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



832 kcal

DESSERT

Ingredients

- ☐ 2 cups almonds raw
- ☐ 0.5 cup coconut nectar (can sub your liquid sweetener)
- ☐ 0.8 cup coconut oil
- ☐ 0.8 cup juice of lemon
- ☐ 13 medjool dates
- ☐ 2.5 cups cashew pieces raw
- ☐ 2 teaspoons sea salt
- ☐ 4 cups strawberries

- ☐ 8 servings so delicious dairy free no sugar added vanilla bean dessert frozen
- ☐ 1 tablespoon vanilla extract
- ☐ 2 cups walnuts raw

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Soak the walnuts and Almonds for 4–6 hours.
- ☐ Place soaked nuts and Medjool dates in a food processor and pulse until nuts are in semi crumb like texture.
- ☐ Add the coconut oil, coconut nectar, vanilla extract, and sea salt to the nut mixture and process until the mixture fully resembles crust
- ☐ Place the finished nut crust into the spring form pan pressing along the bottom, and also around the sides of the circular pan. Soak the cashews for 4–6 hrs.
- ☐ Place soaked cashews, coconut oil, and lemon juice in the blender and blend until smooth.
- ☐ Add coconut nectar and vanilla extract and blend with mixture until evenly distributed.
- ☐ Pour mixture onto the crust base layer, and place in the freezer until the cake sets enough for the Strawberry sauce to be poured on top. (usually takes between 30–45 minutes)
- ☐ Place the strawberries and coconut nectar in the blender and blend until a sauce consistency is created.
- ☐ Pour half of the mixture on top of the cheesecake layer, and place the finish product in the freezer for 4 hours. After 4 hours place the cake in the refrigerator.
- ☐ Place the rest of the Strawberry sauce in a container and place in the fridge. Allow the Cheesecake too sit at room temperature for 10 minutes. Cautiously, remove the sides of the spring form ring and cut the amount of slices desired. On plate add the desired amount of ice cream with your cheesecake, and drizzle the rest of the strawberry sauce on top. Be sure to place the cheesecake back in the fridge when you are finished serving.

Nutrition Facts



 **PROTEIN 9.24%**  **FAT 59.4%**  **CARBS 31.36%**

Properties

Glycemic Index:21.4, Glycemic Load:9.84, Inflammation Score:-9, Nutrition Score:33.604782446571%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 832.22kcal (41.61%), Fat: 58.97g (90.72%), Saturated Fat: 9.68g (60.51%), Carbohydrates: 70.04g (23.35%), Net Carbohydrates: 58.16g (21.15%), Sugar: 41.45g (46.05%), Cholesterol: 0mg (0%), Sodium: 651.09mg (28.31%), Alcohol: 0.56g (100%), Alcohol %: 0.26% (100%), Protein: 20.64g (41.28%), Manganese: 2.88mg (144.2%), Copper: 1.9mg (94.96%), Magnesium: 292.45mg (73.11%), Vitamin E: 9.97mg (66.45%), Vitamin C: 51.77mg (62.75%), Phosphorus: 555.6mg (55.56%), Fiber: 11.88g (47.52%), Zinc: 4.64mg (30.91%), Iron: 5.54mg (30.8%), Vitamin B2: 0.52mg (30.53%), Potassium: 1064.79mg (30.42%), Vitamin B6: 0.52mg (25.8%), Vitamin B1: 0.39mg (25.73%), Folate: 82.18µg (20.54%), Calcium: 178.18mg (17.82%), Vitamin K: 17.2µg (16.38%), Selenium: 11.23µg (16.05%), Vitamin B3: 2.98mg (14.92%), Vitamin B5: 1.12mg (11.17%), Vitamin A: 74.33IU (1.49%)