

Wellness can come in the sweetest of surprises.

Mini Faux Cheesecakes

Dairy-free, gluten-free, and vegan in a convenient single-serve portion size — with no baking required.

By The Life Time Training Team

Mini faux cheesecakes

Yield 12 servings Prep Time 15 minutes Cook Time 4 hours freezer time

INGREDIENTS

For the crust:

1 cup pitted dates

1/2 cup walnuts

1/2 cup pecans

1/2 cup raw almonds

Pinch Himalayan sea salt

If you don't prefer walnuts, pecans, or almonds, you can use 1 1/2 cups of your favorite nut.

For the filling:

2 cups raw cashews, soaked in water overnight and drained

Juice of a whole lemon

1/2 cup coconut cream (or the thick cream taken off the top of a can of whole-fat coconut milk)

1/2 cup agave nectar

1/4 cup coconut oil, melted

Berries to taste, if desired

DIRECTIONS

STEP 1

Spray a muffin tin with coconut oil spray.

STEP 2

In the bowl of a food processor or in a high-speed blender, combine the crust ingredients. Blend until the dough sticks together when pinched. Drop a tablespoon-size portion of the mixture into the muffin tin and pat down to form the crust. Place in the freezer to set while you make the filling ingredients.

STEP 3

Add the filling ingredients to a clean food processor or blender and blend on low until creamy. Pour into the muffin tins on top of crust. If desired, lightly mash the berries and swirl into the top of the filling. Cover with plastic wrap and let sit in the freezer for four hours or until firm.

Nutrition Facts

Servings Per Container 1

Amount Per Serving

Calories 309

% Daily Value*

37% Total Fat 24g

8% Total Carbohydrates 21g

Protein 6g

* Percent Daily Values are based on a 2000 calorie diet.

