



DESSERT



Nutrition Facts*

Calories	567cal
Protein	12g
Total Fat (0g trans fat)	38g
Carbohydrates	53g
Sugar	33g
Sodium	104mg

Nutritionist Approved

Packed with vitamins, nutrients and antioxidants, cashews are a great non-dairy addition to this mouth-watering dessert. Leaving you without guilt and feeling light, this high-protein sweet is a healthier choice for you and your guests!

*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

LEMON AND KIWI CASHEW CHEESECAKE

BY CHEF MICHELANGELO COLELLA

The rich and velvety texture of this treat is meant to be savoured slowly. It's lusciously smooth and creamy with a tart, fruity topping. This over-the-top dessert will be sure to draw rave reviews.

VEGAN/
DAIRY-FREE/
GLUTEN-FREE
YIELDS 8-10
SERVINGS

INGREDIENTS

For the Crust

1 cup raw almonds
1 cup raw walnuts
10 medjool dates (pitted)
½ tsp. sea salt

For Filling

3 cups raw cashews (soaked for 3 hours)
½ cup maple syrup
½ cup lemon juice
2 tbsp. lemon zest
½ cup coconut oil

5 kiwis (peeled and quartered)
5 kiwis (sliced thin)
¼ cup water
½ tsp. sea salt

METHOD

- For the crust:** Combine almonds, walnuts, dates and salt into food processor and pulse until crumbly and it holds together when you press it between two of your fingers. Firmly press mixture into bottom of 8" springform pan. Set aside.
- For the filling:** Strain cashews and in a high-powered blender combine with maple syrup, lemon juice, lemon zest, coconut oil, 5 quartered kiwis, water and salt. Blend on high until smooth and creamy, 1 to 2 minutes.
- Pour mixture over crust and allow to set in freezer for 2 to 3 hours. Remove from freezer 20 minutes prior to serving. Garnish with sliced kiwi. Enjoy!

