

HEALTHY RAW VEGAN DESSERTS

Raw Raspberry Brownie Cheesecake

Brownie Base:

- 3/4 cup Oat Flour
- 3/4 cup Almond Meal
- 3 tablespoons Raw Cacao
- Seeds of 1 Vanilla Bean Pod or ~ 1-2 teaspoons vanilla extract
- 12 Medjool Dates, seeds removed
- Pinch of Sea Salt
- 3 Tablespoons Water
- 1/2 cup Pecans, chopped finely



Raspberry Cheesecake:

- 3/4 cup Raw Cashews, soaked overnight and drained
- 6 Tablespoons Agave Nectar or liquid sweetener of choice
- 1/2 cup Raspberries
- Seeds of 1/2 a Vanilla Pod or about 1 teaspoon vanilla extract
- Juice of 1 Lemon
- 6 Tablespoons Coconut Oil (liquid)

Instructions

1. **Make Chocolate Brownie:** In a food processor, combine all ingredients except water and pecans. Process until fine crumbs form. Gradually add water, tablespoon at a time, until a moist dough forms.
2. Transfer mixture to a bowl and incorporate pecans into the dough. Pat into the base of an 9x5inch, cling wrap lined loaf tin. Place in freezer whilst making cheesecake topping.
3. **Make Cheesecake Topping:** In a high power blender, combine cashews, agave nectar, raspberries, vanilla and lemon juice. Blend on high till smooth.
4. Once smooth, add coconut oil in and blend on high again till coconut oil is thoroughly combined with the mixture.
5. Spread mixture over brownie base and return the loaf tin to the freezer. Let freeze for 6-8 hours, or until solid.
6. Once ready, cut into squares and enjoy!

Raw Glazed Chocolate Donut Holes

Donut holes:

1 cup rolled oats
1 cup walnuts (preferably soaked for 4 hours in water then rinsed)
1 cup pitted dates
Heaping 1/4 cup cocoa powder
2 tablespoons coconut oil
Pinch Himalayan salt

Glaze:

3 tablespoons coconut oil
2 tablespoons maple syrup or other liquid sweetener
1/2 teaspoon vanilla extract



To make the donut holes: Grind all the ingredients into a thick, moist dough in a food processor. Roll into balls and put in the freezer until cold and firm, around 20 minutes.

To make the glaze: Melt the coconut oil on low heat, turn off the heat then whisk in the syrup and vanilla. It will take a second or two but pretty quickly it'll combine into a thin caramel-y consistency. Dip the solid donut holes into the glaze, covering each one completely. Put them back in the freezer until the glaze has hardened, then repeat until you use up all the glaze (you will probably have to re-whisk the glaze every time before re-dipping). I dipped them and put them back in the freezer three times total. Store the donut holes in the fridge for up to a week.

Chocolate Sauce

3 Tablespoons cocoa powder
3 Tablespoons coconut oil
2 Tablespoons preferred liquid sweetener

Melt everything together in a sauce pan until smooth.