



KERI'S COCONUTTY LEMON POPPY VEGAN CHZCAKE

INGREDIENTS

CRUST

- About a cup of Dates (soaked in hot water for at least 10 minutes)
- 1/4 cup Oats
- 1/2 cup Walnuts
- 1/4 cup Flaked coconut (optional)

CHZCAKE

- About 8 oz Raw cashews - soaked overnight
- Juice of 1 1/2 lemons
- Plus zest of 2 lemons
- 2-3 tbs Coconut nectar (or sub maple syrup /honey /agave) (sometimes I omit the sweetener completely!)
- 1/4 tsp salt
- 1/2- 3/4 can full fat Coconut milk (using about half of the solid cream and half of the liquid to reach desired consistency)
- ((save the rest for a smoothie or to make rice or a curry!))
- 1 tbs Poppy seeds

DIRECTIONS

CRUST:

***Place parchment paper in your desired dish to easily remove and cut into squares**

- Add dates and walnuts to food processor first, pulse until combined to a rough texture
- Add remaining ingredients and pulse
- Place in pie dish or square dish, spread and press down evenly with your hands.

CHZCAKE

- Add all ingredients except for all the coconut milk and poppy seeds to high speed blender (or food processor if you don't have one)
- Adjust liquid as needed, you are looking for a somewhat thick and creamy texture that is not quite pour-able"
- Then for one or two last pulses, add the poppy seeds distribute through the cheesecake.
- Use a rubber spatula to spread chzcake on top of the crust. Set in the freezer for about 40-60 mins (don't freeze all the way)
- Then serve or put in fridge.