

Raw Berry Cheesecake

Base:

1 cup almonds

1/2 cup sunflower seeds

2/3 cup dates

2 teaspoons coconut oil

pinch of salt



Filling:

2 cups cashews, soaked for at least 2 hours

1/2 cup coconut cream

1/4 cup coconut oil

1/4 cup maple syrup

1 teaspoon vanilla essence

1 cup raspberries

Blend all base ingredients, press into base of a lined spring form cake pan and place in the freezer for 15 minutes. Blend all of the filling ingredients except for the berries and then fold through the berries. Pour over the base and freeze for at least 2 hours. Take out of freezer 20 minutes before serving.