

Vanilla & Honey Cheesecake Tarts

2 x 700g tubs of of Greek Yoghurt (I used Five:am)

1 vanilla bean

1 tablespoon of honey

1 punnet of strawberries, quartered

3 tablespoons of shredded coconut



Base

2 cups of walnuts

1 cup of sunflower seeds

1.5 cups pitted medjool dates

2 tablespoons coconut oil

1 teaspoon cinnamon

Place a large sieve over a bowl and line with muslin cloth. spoon in the yoghurt and leave in the fridge for 4 hours or overnight to strain out the whey. (See below to prepare the base in this time). Discard the whey (or use as a pickling liquid), and spoon the thick yoghurt mixture into a bowl. Split the vanilla bean in half and scrape the seeds into the yoghurt, adding the honey and mixing well.

Blitz the ingredients for the base in a food processor. If the mixture isn't sticking together enough add 2-3 more dates. Line 6 tart cases with cling wrap and then place 3 heaped tablespoons of the base mixture into each. Use the back of a spoon/your fingers to press the mixture into the cases. Freeze for 2 hours or refrigerate overnight.

Divide the yoghurt mixture into each of the tarts and top with fresh strawberries and shredded coconut.

NOTES: to make this a large dessert halve the base recipe and add 1 cup of puffed rice. Blitz and pour into a long bowl. Press the mixture down and then pour the yoghurt mixture over the top. Refrigerate until ready to serve.