



RAW BANANA LIME CHEESECAKE

Crust:

- 2.5 cups raw macadamia or walnuts
- ½ cup pitted dates (medjools are best)
- ¼ cup dried coconut (optional)

Place nuts and dates into a blender or food processor , until a fine biscuit like texture.
Sprinkle the dried coconut onto the bottom of an 8" or 9" spring form pan.
Press the nuts and dates mixture onto the coconut (this will prevent base from sticking to pan).

Filling:

- 3 cups cashews (soaked for at least 2 hours – I tend to soak overnight)
- ¼ cup lemon juice
- 1/8 cup lime juice or just a good squeeze (keep the skin to shave on top of cheesecake)
- ¾ cup honey (I use a blend of different sweeteners – can use agave, honey or stevia)
- ¾ cup coconut oil
- 1 teaspoon vanilla (I use vanilla powder)
- ½ teaspoon sea salt
- 2 small ripe bananas

Place the liquids into your blender or food processor – then add the remaining ingredients.
Now blend until the filling is super smooth (I sometimes add a little almond milk as well).
You will find that it is best to stop your blender or food processor a few times so that it doesn't heat up the filling mixture (blend, stop, blend, stop until silky smooth).
Smooth mixture using a spatula.
Shave a little lime skin over the top.
Place the cheesecake in the freezer for 2 hours (then thaw before serving)

Serve with some cashew cream (recipe available in blog section of www.detoxdestinations.com.au)

Keeps for around 3 days in fridge and freeze for up to 1 month

Tips:

- * You can replace orange juice for the lemon juice which will make the filling a little sweeter
- * Try using other fruits like fresh or frozen blueberries, strawberries, cherries (pitted)
- * Try adding some cinnamon into the mixture, or some cacao nibs (and can sprinkle on top)
- * Make a little extra crust mixture and then sprinkle on the top with a fruit puree
- * Now you have the base recipe, just change your flavour combinations and experiment

Happy Rawking!!!