

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 a 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)

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