



Energy

FOR EXPERTS

YOUR HEALTH IS YOUR BUSINESS

BERRY CHEESE CAKE

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TOOLS

Blender
Food processor
Spring form of about 9 inches or 22 cm dia meter

PREP THE NIGHT BEFORE

Soak 2,5 to 3 C of raw cashews in plenty of spring water overnight
Ideally, have your almonds soaked and dried, but if no time: just go ahead

INGREDIENTS

CRUST

1 C of almonds, dry
8 Dates, pitted

CHEESE FILLING

3 C of soaked and wet cashews (rinsed after soaking)
1/2 C of freshly squeezed lemon juice
1/4 C of light agave nectar (if you want to use date paste, you can: color is darker)
1/8 tsp sea salt or Himalayan salt
1/2 C melted coconut oil (just place the jar in a bowl or the sink with warm water)
1/2 tsp vanilla extract or seeds of a vanilla pod

TOP

3 different kinds of berries to choice (fresh or frozen)
Edible flowers of the season (optional but nice for a special occasion)

INSTRUCTIONS CRUST

Place the almonds in a food processor and pulse into a course flour
Add the dates and pulse until you create a crumbly, yet sticky mass
Press it firmly into your spring form to shape the bottom, set aside

INSTRUCTIONS FOR CHEESE CAKE

Blend all the filling ingredients -except for the coconut oil- until very smooth
Add the coconut oil at low speed (if possible). Don't blend longer than needed
Pour the mixture into the spring form and spread evenly
Arrange the berries abundantly on top
Cover up and let chill overnight in the fridge
Enjoy life! Alone or together...



shoppinglist

- Spring form of 9 inches/20 or 22 cm
- 1 pack of raw almonds
- 500 g raw cashews
- 10 Medjool dates
- Agave nectar or more dates
- Pack of mixed berries (fresh or frozen)
- 1 lemon
- Coconut oil
- Vanille extract or 1 vanilla bean
- Sea salt or Himalayan salt