



Coconut Oil Cheesecake

1) Sprinkle 1/4 c coconut flakes unto bottom of 8" or 9" spring form pan

2) Press crust of food processed:
2 c macadamias or cashews
1/4 c dates

3) Food processor

3 c soaked cashews	1 t vanilla
3/4 c lemon juice	1/2 t salt
3/4 c honey	1/2 c water
3/4 c coconut oil	

Then blend together.

4) Pour onto crust; remove air bubbles by tapping pan on table

5) Freeze until firm
place on serving platter
defrost in fridge

6) Process & pour over top

1 bag frozen raspberries
1/2 c dates

