

Cheesecake, no bake, dairy free and guilt free.

A real favorite!

Base:

- ¾ cup unsweetened coconut
- ½ cup flour (wholewheat, oat or barley)
- ½ cup nut meal (almond, brazil, walnut, etc)
- ½ cup crushed organic corn flake cereal or any healthy flake cereal
- ¼ cup honey
- ¼ cup applesauce
- ¼ tsp salt

Mix all ingredients in a bowl. Press firmly into a greased pie dish. Bake for 10 minutes at 350 degrees Fahrenheit or until golden brown.

Filling:

- 1 cup cashews
- 1 can unsweetened crushed pineapple
- ½ cup water
- 3 or 4 Tbsp cornstarch
- ½ cup honey
- ½ cup lemon juice (fresh)
- ½ tsp salt



Blend all ingredients in blender until very smooth (start with just water and cashews, then add the rest of the ingredients). Place in a saucepan and heat on stove slowly, stirring constantly. Heat until mixture turns thick. Remove from heat and allow to cool until warm. When cooled, pour into cooked base and refrigerate.

Topping:

- 1 can fruit
- 2 Tbsp cornstarch
- 1/8 cup water

Place contents of can of fruit (blackberries or raspberries or any berries are best) in a saucepan and heat. Mix up cornstarch and water in small bowl or measuring cup and add to saucepan when fruit is hot. Gently continue to heat mixture until mixture thickens. Once thick, turn off heat and allow to cool down greatly. Put on top of cheesecake and allow to chill in refrigerator for at least 3 hours to “set”.

Will keep in the refrigerator for about one week.