

Raw Vanilla Nut Cheesecakes

Indulge in this rich fall flavored raw cashew based cheesecake dessert made in individual sized mason jars!

Ingredients

Crust

¾ cup raw Pecans, toasted
¾ cup raw Almonds, toasted
¼ teaspoon Cinnamon
¼ teaspoon Nutmeg
1/8 teaspoon Sea Salt
3 tablespoons Pure Maple Syrup

Filling

1½ cups raw Cashews, soaked for at least 5 hours, overnight is best
Seeds of one large Vanilla Bean
5 tablespoons raw Coconut Oil, melted
5 tablespoons raw Honey
2 teaspoons fresh Lemon Juice
½ cup Water + additional if needed

Topping

¼ cup Pure Maple Syrup
3 tablespoons unsalted raw Almond Butter
½ teaspoon pure Vanilla Extract
1/8 teaspoon Sea Salt

Garnish

8 raw Pecan Halves, toasted

Special Equipment

8 Mini Mason Jars (1/2 cup Mason Jars or Mason Jelly Jars)
Food Processor
Powerful Blender-optional (Vitamix)

Preparation

Line up 8 mason jars and remove tops.

Prepare Crust: Place pecans, almonds, cinnamon, nutmeg and 1/8 teaspoon sea salt in a food processor. Pulse until finely ground, drizzle 2 tablespoons maple syrup over mixture and process. Mixture should easily stick together. If needed add up to one additional tablespoon maple syrup and process. Divide the crust mixture evenly in all jars pressing down with your fingers.

Prepare Filling: Drain cashews, rinse, then drain again. Place the cashews, vanilla bean seeds, coconut oil, honey, lemon juice and water in a powerful blender (use the tamper) and blend until very smooth (if using a food processor you may need to blend longer). Add additional water if needed for a smoother consistency. Divide the filling evenly among the jars (about 3 tablespoons in each jar).

Prepare Topping: Place ¼ cup maple syrup, ½ teaspoon vanilla and 1/8 teaspoon sea salt in a small bowl, whisk in 3 tablespoons almond butter until smooth. Divide the topping evenly among all jars (about 2 teaspoons in each jar).

Garnish the center of each jar with one pecan half. Cover with lids and refrigerate cheesecakes until firm.

Makes 8 Mini Mason Jar Cheesecakes