

Mini Lemon-Berry Cheesecakes

Prep Time: 40 minutes, plus set time* **Cook Time:** 12-15 minutes **Total Time:** 55 minutes, plus set time

Servings: 12

Serving Size: 1 mini cheesecake

Ingredients:

2 cups raw macadamia nuts, soaked overnight and drained
 ½ cup raw cashews, soaked overnight and drained
 ¼ cup shredded coconut
 ¼ teaspoon salt
 ½ cup agave, plus 2 tablespoons
 ½ cups melted coconut oil
 1/3 cup lemon juice, plus 1 tablespoon
 2 teaspoons vanilla extract
 6 ounces fresh berries of choice**
 1 cup frozen berries of choice, thawed for 10 minutes**

Homemade “Graham Cracker” Crust:

¼ cup blanched almond flour
 ½ cup coconut flour
 ¼ teaspoon salt
 ¼ teaspoon baking soda
 1 teaspoon cinnamon
 ¼ cup coconut oil, melted
 2 tablespoons agave
 1 flax egg*
 1 teaspoon vanilla

Directions:

1. Line a muffin pan with baking cups and preheat oven to 350 degrees.
2. To prepare the crust, place dry crust ingredients in a small bowl and mix well.
3. Place wet crust ingredients in the bowl of a stand mixer or use a hand mixer and beat to combine.
4. Add the dry ingredients to the wet and mix until well combined and forms a soft dough that sticks together easily.
5. Use your hands to form 12 dough balls and place each dough ball inside each of the 12 muffin cups. Then use a small silicone spatula to smooch each ball flat and evenly inside each muffin cup.
6. Bake mini-crusts for 12-15 minutes or until lightly browned.
7. While the crust cooks, combine nuts, coconut, salt, ½ cup agave, coconut oil, 1/3 cup lemon juice, and vanilla in a high speed blender or food processor and process until silky smooth, scraping down the sides as needed. It will be a very thick and barley pourable batter.
8. Remove muffin tin from oven and allow pan to cool. Then pour/spoon filling ingredients evenly into each of the 12 prepared cups with crust and smooth out tops to distribute.
9. Place in the freezer for 1 hour, then remove and let set in fridge for 6 hours or preferably overnight.
10. When you are ready to serve, combine slightly thawed frozen berries, 2 tablespoons agave, 1 tablespoon lemon juice, and 1 tablespoon water in a blender or food processor or blender and process until smooth. Add water 1 tablespoon at time if consistency is too thick. It should pour easily.
11. Peel baking cups back and remove mini-cheesecakes. Serve on individual plates with berry sauce and garnish with the reserved fresh berries.

Tips and Tricks:

*Whisk 1tablespoon ground flax seed with 3 tablespoons water vigorously, then place in fridge for 15 minutes.

**Raspberries and blueberries are my favorite to use in this recipe, but any berry or combination of berries will be lovely!

These keep well in the fridge for 3 days or freezer for a week or so. If you choose to freeze them, remove the baking cup wrapper first and gently wrap in plastic wrap, then place in a freezer safe container.

Nutritional Information Per Serving:

Calories: 434
Fat: 31.2 g
Cholesterol: 0 mg
Sodium: 130.4 mg
Total Carbohydrate: 29.5 g
Dietary Fiber: 6.3 g
Sugars: 18.7 g
Protein: 4.3 g