



# The Wholeness Chef

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## **Blueberry Cheesecake (Vegan) Cups**

*These vegan cheesecake cups are incredibly decadent. They also have a lot of great benefits. This recipe would be great for anyone who is suffering from depression, migraines, anxiety or any sleep problems. This recipe is super tasty and can be used for any special occasion, so I hope you enjoy it as much as I do!*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

- 1 1/2 cups raw Cashews, soaked in warm water for 20 minutes
- 1/2 cup full fat canned Coconut Milk
- 1/3 cup Coconut Oil, melted
- 1/2 cup + 1 Tbsp Maple Syrup
- 1 Tbsp Lime or Lemon Juice

### **Directions:**

1. Soak cashews in warm water for max of 20 minutes
2. Drain cashews and add to a high-speed blender.
3. Add coconut milk, coconut oil, maple syrup and lime juice. Blend until smooth.
4. Scrape down sides of blender and blend again until completely smooth.
5. Divide cheesecake among ramekins (4).
6. Place in freezer for 1 hour or fridge for 3-4 hours
7. Add sauce (recipe below) just prior to serving

### **Blueberry Sauce:**

Ingredients:

- 1 cup frozen or fresh Organic Blueberries
- 1-2 Tsp Coconut Sugar
- 1Tsp Lemon Juice
- Pinch of cardamom (optional)

Directions:

1. Add all ingredients to a sauce pan and simmer until blueberries begin to breakdown, about 10 min.
2. Remove from heat and cool to room temperature before serving with cheesecake cups.