

Raw Cashew Dreamcake ☺

THINK HAPPY
BE HAPPY

Ingredients

- * 1/2 cup raw OR roasted almonds (pecans or walnuts will also work)
↳ soak in water 1st
- * 1/2 cup soft medjool dates (fresh - approx 6 dates)
- * 1/4 teaspoon sea salt
- * Optional - shredded coconut
- chia seeds (1 tablespoon)

↳ these will make your base - combine all in a food processor until you reach desired fineness

↳ press into dish & put aside while you make your filling.

Ingredients

- 1 1/2 cups raw OR roasted cashews
(* SOAKED FOR AT LEAST 2-3 HOURS *)
- Juice of 1 lemon
- Seeds of 1 whole vanilla bean (or 1 teaspoon vanilla extract)
- 1/3 cup raw coconut oil, melted
- 1/3 cup raw honey (or maple syrup or agave nectar)
- 1 cup raspberries (or mixed berries)

→ blend all ingredients (except cashews) together
→ drain cashews & add to blender
→ blend until very smooth (can take up to 6 mins)

→ pour onto base → freeze! p.2

