

STRAWBERRY CHEESECAKE



BASE INGREDIENTS

150g Medjool dates, pitted and soaked 15 mins in warm water
50g Macadamias
50g Brazil nuts
2 tbsp cacao powder
pinch Maldon sea salt

Pulse all together in food processor to make the cheesecake base. When a dough like consistency has formed, transfer to a silicon mould or cling film lined-cake tin and press firmly into base.

CHEESECAKE INGREDIENTS

150mls coconut oil, melted
150mls lime juice
320g cashews, soaked 4 hours in water
20g xylitol or coconut sugar

Blitz cheesecake filling in blender (it's helpful to add liquids to jug first, to prevent the blender from clogging). When smooth, pour onto cheesecake base and chill until firm.

Decorate with sliced strawberries and enjoy!

RETREATS, WORKSHOPS + PRIVATE EVENTS

SUMMER 2018

4th-7th May COTSWOLDS CLEANSE RETREAT
13th May DEEPEN YOUR YOGA PRACTICE with
Pranayama + Diet Workshop

Nutrition consultations for adrenal fatigue and fat loss are available throughout the summer

AUTUMN/WINTER 2018

20-21st Sept SPA FEST CORNWALL
2-4th Nov THE BODY RETREAT



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or follow @YOGIFOODIEFITTY on Instagram for more recipes and motivation

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