

NO BAKE PUMPKIN CHEESECAKE

No Bake Pumpkin Cheesecake - A naturally sweetened nut and date crust topped with a creamy cashew and pumpkin cheesecake
Gluten Free + Paleo + Vegan



INGREDIENTS

CRUST

- 1 1/2 cup pitted dates
- 1 1/2 cups raw almond nuts (can sub with walnuts)
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CHEESECAKE FILLING

- 2 cups raw cashews soaked in water overnight
- 3/4 cup pumpkin puree
- 2 teaspoons pumpkin pie spice
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 4 tablespoon coconut oil
- 1 teaspoon lemon juice
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TOPPING

- Optional - 2 tablespoons chopped pecans
- 1/2 cup | 90 grams melted dark chocolate

INSTRUCTIONS

1. If you haven't already add the cashews to a bowl and cover with water. Leave the cashews overnight to use when you need it the next day.

Crust

1. Make the crust by adding the dates and the almonds to a food processor or high powered blender. Blitz together until the dates and pecans are broken up into small pieces and come together. If your mixture is too dry add a couple more dates. You may need to stop and scrape the sides down occasionally.
2. Press the crust into an 8in x 8in parchment-lined dish, until evenly spread. Lining with parchment will help you remove the bars easier later. Use another sheet of parchment paper to place over the crust when pressing in the pan. This will keep the crust from sticking to your hands when you're trying to press it into the tin.

Filling

1. For the cheesecake layer, begin by draining the water from the cashews and then placing them in a high speed blender or food processor with the remaining cheesecake ingredients. Blend it all together until it becomes smooth. If you need, stop and scrap the sides down to get all the bits mixed in. This should take 60-90 seconds.
2. Taste and adjust flavour as needed. Add another squeeze of lemon for more brightness or 1-2 more tablespoons maple for more sweetness.
3. Pour filling over the crust and spread over the top evenly. (Optional - sprinkle the chopped pecans over the top)

4. Cover the cheesecake and place it in the freezer for 4-5 hours to set.
5. Before serving melt the dark chocolate in the microwave in 30 second increments or over the stove top over a pot of simmering water on a low heat stirring constantly. Remove the chocolate from the heat and let it cool for a minute or two before drizzling it over the cheesecake. The chocolate should set almost instantly.
6. Slice & serve!

RECIPE NOTES

Keep these stored in the freezer

Pumpkin Spice Mix:

1 teaspoon cinnamon

1/2 teaspoon ginger

1/4 teaspoon nutmeg

1/4 teaspoon allspice