



Recipe Details

Recipe Name - Vanilla Caramel Cheesecake - Raw/Vegan/WFPB/GF

Recipe Steps -

Ingredients

- 2 cups steel-cut oats
- 2 cups whole raw almonds (soak for 2+ hours, then pull the skins off)
- 2 cups coconut water (can sub regular water)
- 2 Tbsp nutritional yeast
- 1 lemon, juiced
- 1 Tbsp apple cider vinegar
- 1 vanilla bean or 1 tsp vanilla extract or powder
- 1 1/2 cups soft Medjool dates
- 1 1/2 cup coconut water (can sub regular water)

Instructions

1. Soak 2 cups of raw almonds in water for 2+ hours
2. Peel skins off soaked almonds
3. Blend steel-cut oats in a high-speed blender for about 30 to 45 seconds (Should be flour-like)
4. Pour oat flour into a separate bowl and set aside
5. Place peeled almonds, nutritional yeast, lemon juice, apple cider vinegar, coconut water, and vanilla in a high-speed blender until smooth and creamy; let stand
6. Blend dates and 1 1/2 cup coconut water in bullet until smooth and creamy
7. Place ground oats and dates paste in a blender with the almond mixture
8. Blend for 2 minutes, you want it to be creamy
9. Place in small serving jars, dishes, lined muffin tins, or vehicle of your choice, and refrigerate for 4+ hours
10. Enjoy!

