

Food Babe's Blueberry "Cheesecake" Bars



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	3 hrs	3 hrs, 10 mins	9

<https://foodbabe.com/three-no-bake-cool-refreshing-healthy-desserts-just-time-summer>

Ingredients:

- 2 cups raw cashews, soaked overnight
- 1/3 cup raw honey (get local if possible)
- 1/4 cup coconut oil
- 1/4 teaspoon ground cinnamon
- 2 tablespoons fresh lemon juice
- 1 cup blueberries

Crust:

- 2 cups walnuts
- 11 medjool dates
- 2 tablespoons coconut oil
- 1 pinch sea salt

Instructions:

1. To make the filling, place the cashews, honey, coconut oil, cinnamon, lemon juice and blueberries in a blender and blend until smooth.
2. To make the crust, place the walnuts in a food processor and pulse until finely chopped. Add the dates and salt and pulse until well combined. Add coconut oil and pulse once more.
3. To assemble, line a 8x8 baking pan with parchment paper. Firmly press the crust into the pan to create an even layer. Add the filling and spread evenly over the crust. Place in the freezer for at least 3 hours or overnight.
4. To serve, cut the "cheesecake" into squares and serve with fresh berries, if desired.
Enjoy!

Notes:

- Please choose organic ingredients if possible.