

ONE BITE

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Vegan Magazine

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VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



VEGAN *no Bake* STRAWBERRY Cheesecake

By Anastasia Eden

This raw vegan strawberry cheesecake recipe is gluten-free, dairy-free and made with super healthy, simple ingredients.

INGREDIENTS

BASE:

- 150g almonds (1 cup)
- 100g pitted dates (1 cup)
- 1 teaspoon vanilla extract

TOPPING:

- 125g cashew nuts (just under 1 cup)
- 100g creamed coconut block
- 300g fresh strawberries (frozen is fine too) (1 1/2 cups)
- 1 heaped tablespoon coconut sugar
- 1 teaspoon vanilla extract
- 1 heaped teaspoon lemon rind (finely grated)

OPTIONAL CHOCOLATE DRIZZLE:

- 1 tablespoon of chocolate (melted to drizzle)

YIELD:
10 slices



Anastasia Eden

Anastasia is the creator of Kind Earth. Deeply spiritual, she has a strong compassion for all sentient life and her plant-based lifestyle reflects that. Her recipes are all plant-based, wheat and refined sugar-free and created in mind to help as many people as possible to lead a more conscious lifestyle.

Visit her website: www.kindearth.net

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HOW TO SERVE

This serves right out of the freezer as a frozen dessert (very firm), although it works best if you allow it to acclimatise to room temperature and soften for at least 10 to 15 minutes before serving. The longer you leave it out, the more it softens (although soft can also be incredibly delicious and welcomed too, so explore and find out what you prefer).

INSTRUCTIONS

AHEAD OF TIME:

1. Soak the cashew nuts overnight (or for at least 2 hours).

MAKE THE BASE:

2. Grind the almonds in a food processor until you get a rough meal (some powdered and some a little rustic and chunky is fine).
3. Add the dates and vanilla and blend until everything evenly combines.
4. Pack into a parchment lined tin firmly (a tin sized 21cm/ 8 inches in diameter works well) and then put into the fridge or freezer whilst you prepare the topping.

MAKE THE TOPPING:

5. Grate your lemon rind with a super fine grater.
6. Drain the soaked cashews thoroughly.
7. Please note that we are using CREAMED COCONUT in this recipe or coconut butter. Not coconut cream (which is different). For more info please check out my page here: [What is creamed coconut versus coconut cream?](#)
8. Blend all the topping ingredients together.
9. Pour onto the base and spread evenly.
10. Pop it into the freezer for a few hours to firm up fully.
11. When frozen, drizzle some melted chocolate on top if you want to.