



Vegan Pumpkin Cheesecake

Ingredients

Crust:

- 1 cup pitted medjool dates
- 1 ½ cups raw walnuts ✓
- Pinch of pink Himalayan salt ✓

Filling:

- 1 ½ cups raw cashews ✓
- 2 tbsp. of lemon juice
- ¼ cup + 1 tbsp. organic coconut milk
- 3 tbsp. melted coconut oil ✓
- ½ cup organic maple syrup ✓
- ½ cup pumpkin puree
- 1 tsp. vanilla extract ✓
- 1 tsp. pumpkin spice ✓
- ¼ tsp. pink Himalayan salt ✓
- ¼ tsp. cinnamon ✓
- Vegan whipped cream (optional for topping)
- Crushed pecans (optional for topping) ✓

Directions

1. Line muffin tins with parchment paper.
2. Soak cashews in hot boiling water for an hour.
3. Prepare crust by adding walnuts and salt into blender. Then add dates and blend until dough forms.
4. Divide crust mixture evenly into each muffin tin, pressing down firmly. Set in freezer while you prepare filling.
5. Once cashews are done soaking, drain well and add to blender with all filling ingredients. Puree mixture until you get a smooth consistency.
6. Divide filling evenly into each muffin tin.
7. Cover muffin pan with plastic wrap and freeze overnight.
8. Before serving, let cheesecake thaw for about 15 minutes at room temperature.
9. You can top each cheesecake with vegan whip cream and pecans.

✓ Available for purchase in the PureFormulas Store

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