

Cheese Cake

BASE

Wash up 1 c cashews

1c coconut

half c dates

pinch of salt

Put it in a flat dish that the side comes off I leave it in the fridge for the day .

FILLING

Wash up 2 bananas

3/4 c cashews

1/4 c maple syrup or honey

juice of half a lemon

1/3 c coconut oil

1tsp vanilla

pinch of salt

put on top of base then freeze

don't be scared to try other thing im going to try it with blue berries ill let you know how it goes .if it fails ill just put it all in pretty cups and call it some thing else .lol