

Pumpkin CHEESECAKE BITES

vegan + gluten free

INGREDIENTS

makes 16-20 servings

Crust:

1 cup pitted dates
1/2 cup almond flour
1 tbsp cacao powder
2 tsp vanilla extract
1 tbsp cashew milk

Cheesecake layer:

1 1/2 cups raw cashews
1/3 cup maple syrup
1/3 cup canned pumpkin
1 tsp pumpkin spice



INSTRUCTIONS

Soak the cashews in water for 1 hour. Discard the water. Line a loaf baking pan or 8x8 pan with parchment paper and set aside.

Place the crust ingredients in your blender and pulse until the mixture comes together; this should take about 1 minute. Press this mixture evenly onto the bottom of the prepared loaf baking pan and place it in the freezer while you prepare the cheesecake topping.

Place the cheesecake ingredients in your food processor and pulse until smooth. Pour the cheesecake mixture over the crust in the baking pan and spread it evenly. Freeze the dessert for at least 2 hours.

Cut the cheesecake into squares before serving. Keep leftovers covered in the freezer for up to 3 months.