

EWG's Tip:

If you can't find coconut cream, use full fat coconut milk. Just use the thick, less milky part of the canned coconut milk in place of coconut cream - it may take 1 to 2 cans of coconut milk to get enough.



Mini Coconut & Lime 'Cheesecakes'

Base

½ cup macadamia nuts or almonds

½ cup Medjool dates

2 tbsp coconut oil

2 tbsp shredded coconut

Filling

2 cups raw cashews, soaked overnight

1 cup coconut cream

¼ cup maple syrup

1 lime, juice and zest

1 tsp Food Matters Superfood Greens

Creamy, zesty, simple and delicious. Ticking all of your boxes? These mini raw coconut and lime “cheesecakes” will soon become your hero recipe!

Place all ingredients in a food processor and blitz until fine and combined.

Line 6 mini molds with baking paper or use silicone molds. Divide the base among the molds.

Press down evenly. Place in freezer to set while you make the filling.

Place all ingredients in the food processor and process until the texture is smooth and silky.

Take bases out of the freezer and pour mixture over bases evenly.

Let cheesecakes set in the freezer for at least 3 hours.

Keep cheesecakes in the freezer until 10 to 15 minutes prior to serving.

Top with some fresh lime and crushed nuts.

Makes 6 mini
“cheesecakes”



James Colquhoun and Laurentine ten Bosch, filmmakers of “Food Matters” and “Hungry for Change,” and founders of FMTV, have dedicated their lives to uncovering the truth behind nutrition and our food supply. Since the original film was produced, James and Laurentine have transformed Food Matters into a global wellness hub that continues to provide people with the essential tools and support needed to take charge of their health.