



Nutritious Superfood Bars Make a Delicious Dessert Crust

Cashew “Cheesecake” with Swirled Berry Sauce

Chocolate flavored crust, cashew filling, and fresh berry sauce

Crust:

1 cup pecan halves

2 (1.72 oz.) Paleo Valley dark chocolate chip Superfood Bars, cut in chunks

2 Tablespoons warm water

- Line 9-1/2 inch round deep-dish pie pan with parchment paper; set aside.
- Place pecans and bar chunks in food processor; process to fine chop; add water; process until a chocolate dough forms.
- Press dough evenly into bottom of prepared pan; cover with plastic wrap; set aside.

Raspberry Sauce

1 (6 ounce) container fresh raspberries, washed (about 1 cup)

3 Tablespoons water

1/2 Tablespoon honey

- In small saucepan, add raspberries, water, and honey.
- Cook over medium heat, stir to break up berries. Cook to puree berries about 2 to 3 minutes to form a sauce.
- Strain raspberries using a sieve to remove seeds. Discard seeds.
- Cool raspberry sauce. Cover; set aside.

Blueberry Sauce:

1 cup fresh blueberries, washed

3 Tablespoons water

1/2 Tablespoon honey

- In small saucepan, add blueberries, water, and honey.
- Cook over medium heat; stir to break up berries. Cook to puree berries about 2 to 3 minutes, forming a sauce.

- Strain blueberries using a sieve to remove skins. Save skins for another use.
- Cool blueberry sauce; cover; set aside.

Cashew Filling:

2 cups raw cashews, soak overnight; drain; rinse

3/4 cup canned coconut cream

3 Tablespoons liquid coconut oil

1/3 cup honey

1 to 2 teaspoons pure vanilla extract

1-1/2 teaspoons lemon juice

- Blend the cashews and coconut cream in food processor.
- Add coconut oil, honey, vanilla extract, and lemon juice; process until smooth and creamy.
- Spoon mixture evenly over the crust in pan.

Swirl Fruit Topping:

- Top cashew filling with dollops of raspberry and blueberry sauce.
- Using a finger size tool, make swirls through the top of cheesecake layer to create a marble effect.
- Place in freezer for 4 to 5 hours or until firm.

To Serve: Remove from freezer; loosen sides of pan; remove parchment paper; thaw for about 15 to 30 minutes for a softer texture and able to cut into slices. Serves: 8 to 10 slices

About the Recipe: Fresh blueberry and raspberry sauce swirl together on top of a creamy vanilla cashew filling. The crust is beyond wonderful with a chewy chocolate flavor and lots of protein. It's hard to imagine it was made from Superfood Bars and Grass Fed Bone Broth Protein. The best part is that it can be kept in the freezer and thawed for individual servings. It's time to celebrate with a healthy dessert!