

## Individual Blender Cheesecakes (vegan)

### Crust

200g Biscuits of choice (Oxfam quinoa cacao) x3 = **600g biscuits sucrés**  
3-4 Tbsp Melted coconut oil (45 ml)x3 = **135 ml huile de coco**  
1 tablespoon maple syrup x3= **45 ml sirop d'érable**

### Filling

210g raw cashews x3 = **630g noix de cajou**  
1 large lemon, juiced x3 = **3 citrons, jus**  
80g coconut oil, melted x3 = **240g huile de coco, fondu**  
150 ml full-fat coconut milk x3 = **450 ml lait de coco**  
120 ml maple syrup x3 **360 ml sirop d'érable**

### Topping

1/4 cup (40 g) berries or seasonal fruit x3 = **120 g petits fruits**

'Pulse' (blend coarse crumbs, not too fine) the cookies/biscuits with a food processor (or crush manually) until the biscuits are well-crushed and mixed with the oil and syrup.

To help removing the cheesecakes after, prep your molds with a strip of parchment paper (or not, depending on the molds) to help remove the cheesecakes after they set up.

Scoop a heaping spoon of 'crust' into each mold. To pack it down, use a small glass or a back of a spoon to compact it and really press it down. If it sticks, separate the glass with a small piece of parchment paper. Set in freezer or fridge to firm up.

Add all filling ingredients to a blender and mix until very smooth. This means blending for several minutes at high, until silky smooth. Check with Danielle to make sure it's sufficiently blended. If for some reason the ingredients don't blend properly, it may need a touch more liquid to keep it moving in the blender.

Berry topping : Reserve 1-2 berries to top each mini cheesecake (60). Heat the rest on the stovetop and blend with a bit of maple syrup (to taste).

Taste and adjust the filling with sweetener/acidity if necessary.

Divide filling evenly among the muffin tins/molds. Tap a few times to release any air bubbles, then add the berry topping. Depending on the berries available, blend a portion and swirl a spoon into each mini cheesecake. Keep 1 or 2 whole berries to top off each cake.

Set in freezer or refrigerator for several hours.

Variation of recipe by Minimalist Baker



## Raw-ish brownie with undetectable carrot-chocolate frosting

Raw brownie-inspired crust layer :

1 cup/tasse / 110g nuts or seeds x5 **550g noix** (ou autres fruits secs/graines)  
1 cup / 150 g dates x5 = **750g dattes** (pitted, soak for 1 hour if they're not already soft)  
25 g raw cacao powder x5 = **150g cacao cru en poudre**  
20 g coconut x5 = **100g noix de coco râpé**  
1 pinch of sea salt x5 = **5 pincées de sel marin**  
Topping : chopped pecans/nuts

« Invisible carrot » frosting :

100 g cooked carrot 4 = **400g carotte cuite**  
60 g dark chocolate x4 = **240 g chocolat noir 70%**

Brownie layer :

Check the dates for pits and remove if they still have pits. If the dates are not already very soft, soak in water for an hour, or hot water for 10 minutes. Depending on your food processor strength vs. the texture of the dates, you may roughly pre-chop the dates.

In a food processor, first bring the nuts/seeds to a coarse crumble, then add the other ingredients.

Pour the mixture into a dish lined with parchment paper. Use another piece of paper to press with hands or rolling pin the brownies flat into the pan. Put in the refrigerator/freezer to firm up while blending the top layer.

Frosting :

Prep the carrots by washing, scrubbing (you don't need to peel since organic). Chop into big pieces. Compost the tops.

Steam the carrots : Heat a pot with 2 cm of hot/boiling water. Steam in a steamer basket or even directly in the water.

Prepare a double boiler (one pot or bowl nested in a pot of hot water) to melt the chocolate. Be careful not to splash cold water on the chocolate. You can add the warm, cooked carrots to the chocolate. When melted, blend the carrots and melted chocolate together until smooth and silky. Keep warm to spread on brownie layer. (Keep the blender closed and don't play with it.)

Spread frosting on the brownie layer

Pecans : chop in small pieces to garnish on top of the frosting, after checking for nut allergies.



## Dark chocolate peanut butter cups

110g dark fair trade chocolate 70%

4 Tablespoons natural peanut butter (or tahini, almond butter...)

1 Tablespoon of natural sweetener : maple syrup, agave, local raw honey...

1 pinch of salt

Melt the chocolate in a 'double boiler' : heat 3 cm of water in pot. Place a smaller pot or stainless steel bowl in the pot of water. Melt the chocolate in the smaller bowl, stirring occasionally until melted (2-3 minutes). Be careful not to splash colder water or milk in the melting chocolate.

During that time, prepare the filling : spoon the peanut butter into a bowl. (The natural peanut butter tends to separate with a layer of oil on top. I try to spoon the peanut butter below the oil without taking much oil if possible.) Add a pinch of salt and a natural sweetener. Stir with a spoon. Taste and add more sweetener if you want.

Spoon a layer of chocolate in the silicon molds. With clean hands, try to roll the peanut butter filling into a small ball and flatten to fit the mold (flatten to a disk if shallow peanut butter cup mold). Place the ball/disk on the chocolate. Cover with another spoon of chocolate.

Place in the refrigerator to cool and harden. This home-made method isn't 'tempered' like professional chocolates, so serve cool. They will melt quickly in your hands, so pop them in your mouth ! ;-)

Notes : American baking equivalents

1 tsp = teaspoon = 5 ml (a teaspoon is bigger than a 'cuillère à café (coffee spoon), 3 ml)

1 Tbsp = tablespoon = 15 ml (tablespoon is a standard size, often bigger than 'cuillère à soupe', which vary in size)

