

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Frozen Blueberry Cheesecake

From The Paleo Kitchen by Juli Bauer and George Bryant

### For the crust:

2/3 cup raw pecans  
1 cup almond butter  
1 cup unsweetened shredded coconut  
¼ cup softened coconut butter  
2 Tbsp honey  
Pinch of fine-grain sea salt

### For the filling:

2 cups raw cashews, soaked in water for 2+ hours and drained  
½ cup melted coconut oil  
½ cup honey  
¼ cup full-fat coconut milk  
3 Tbsp freshly squeezed lemon juice  
1 tsp vanilla

### For the topping:

2 cups fresh blueberries, plus ½ cup fresh blueberries for garnish  
1/3 cup maple syrup

1. Make the crust: Place the pecans in a food processor and mix until they begin to form pecan butter. Add the almond butter, shredded coconut, coconut butter, honey, and salt and pulse until well combined.
2. Place the crust mixture in a springform pan, then press down and smooth it out so that the surface is even all around the pan. Put in the freezer to harden for 2 to 3 hours.
3. When the crust is hard, make the filling: Add the soaked cashews to a food processor and process until they fully break down into a chunky paste. Add the rest of the filling ingredients to the food processor and process until smooth (it should resemble a thin nut butter).
4. Pour the filling onto the hardened crust and smooth out the top. Place in the freezer and let settle and firm up for another 2 hours.
5. When the filling has firmed up, make the topping: In a small saucepan over medium heat, combine 2 cups of blueberries and the maple syrup and cook for 15 minutes, or until most of the blueberries have burst. Reduce the heat to low and simmer until the mixture has thickened, about 5 minutes.
6. To serve, pour the warm blueberry topping on the top of the cheesecake and garnish individual slices with fresh blueberries. Serve immediately. Store leftovers in an airtight container in the freezer for up to 2 weeks.

Note: No springform pan? Use a pie pan or an 8-by-8-inch glass baking dish instead.