

Elderberry Cheesecake Bites

Servings

12

Prep Time

1 hour

Plant-based, clean ingredients, absolutely delicious healthy treat!

Ingredients

Crust

- 1 cup pitted dates
- 1 cup raw walnuts

Filling

- 1 1/2 cups raw, soaked cashews
- 1 large lemon or 1/4 cup lemon juice
- 1/3 cup coconut oil (melted)
- 2/3 cup full-fat coconut milk or another plant-based milk
- 1/2 cup agave nectar or maple syrup (or honey if not vegan)

Toppings

- 1/2 cup fresh berries
- **3 Tbsp Elderberry Syrup**

Directions

Crust

1. Puree in a food processor and press into the bottoms of a greased muffin pan.

Filling

1. Puree filling ingredients and layer on top of the crust, filling halfway.
2. Place in the freezer for about 30 minutes. You will have filling left over.

Toppings

1. Blend 1/2 cup berries (blue or black or raspberries) and the Elderberry Syrup with the remaining filling.
2. Spoon on top of first layer and top with more berries, chocolate, caramel, or whatever you're feeling.
3. Freeze until hard and enjoy! You can keep them in the fridge for up to three days or in the freezer for a couple weeks.