

Peach Cheesecake Bites



Vegan cheesecake... really ? Yes, really ! Creamy and fruity, these peach cheesecake bites are both indulgent and light. Their smooth texture and delicate peach flavor make them a surprisingly satisfying treat that puts local peaches in the spotlight. For even more delicious ideas, check out our [Top 10 Healthy Desserts from Our Dietitians](#).

Preparation 20 min

Cooking 0 min

Waiting 120 min

Servings 12

Nutrition Facts (per serving)

Calories 220

Fat 15

Carbohydrates 18

Fibre 3

Protein 4

Sodium 20

Ingredients

- 210 ml ($\frac{3}{4}$ cup + 2 tbsp) raw cashews
- 180 ml ($\frac{3}{4}$ cup) pitted dried dates
- 250 ml (1 cup) unsalted walnuts

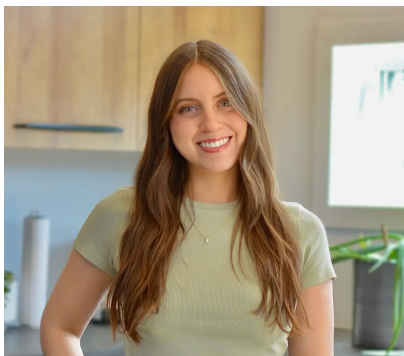
- 125 ml (½ cup) canned light coconut milk
- 45 ml (3 tbsp) coconut oil
- 45 ml (3 tbsp) maple syrup
- 22.5 ml (1 ½ tbsp) ground flaxseed
- 5 ml (1 tsp) vanilla extract
- 1 pinch salt

Preparation

1. In a medium bowl filled with water, soak the cashews for at least 8 hours or overnight. Drain and rinse.
2. Place the dates in a bowl, cover with boiling water, and let soak for 5 minutes. Drain.
3. In a food processor, blend the dates and walnuts until a coarse, crumbly texture forms.
4. Line a 12-cup muffin tin with paper liners. Divide the walnut mixture among the muffin cups (about 15 mL / 1 tbsp per cup) and press firmly into the bottom with a spoon to form the crust.
5. Rinse the food processor. Add the drained cashews, about 1/5 of the peaches, coconut milk, coconut oil, maple syrup, vanilla extract, and salt. Blend until completely smooth and creamy.
6. Divide the mixture among the crusts in the muffin tin (about 30 mL / 2 tbsp per cup).
7. In a small bowl, roughly mash the remaining peaches (about 4/5) with a fork to form a compote. Stir in the ground flaxseed, then spoon the mixture over the creamy layer (about 15 mL / 1 tbsp per cup).

Notes

Keeps for up to 3 months in the freezer in an airtight container.



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