

## Raw Avocado and Lime No Bake 'Cheesecake'

By Chef Stacy

### INTRODUCTION

Incredibly summery, fresh and zesty, this raw vegan avocado tart is the healthiest dessert on Earth. It doesn't get much better than this! Easy to make, it has very few ingredients and it is totally raw, which is what attracted my attention to it.

### SERVES 8

### INGREDIENTS

#### Filling:

- 3 large ripe avocados
- ¼ cup lime juice
- ¼ cup liquid honey
- 1 tbsp coconut oil
- 1 tbsp grated lime zest

#### Tart base:

- ½ cup grated coconut
- ½ cup crushed pecan nuts
- 1 cup finely chopped dates
- 2 tbsp grated lime zest
- 2 tbsp lime juice

#### Garnish:

- 2 tbsp grated coconut



### METHOD

So simple - Blend all the ingredients for the filling together, set aside.

Mix all the base ingredients together really well and form a base in a non-stick tart dish or in a soft aluminium baking dish. The base should be approximately 0.7-1 cm thick.

Put the filling on top of the base and spread evenly.

Put into the freezer for at least 3 hours or if possible overnight. Enjoy!