

Raspberry Cheesecake Cups

Cups Base

- Soak the Pitted Dates for at least 5 hours, preferably overnight. Drain well when ready but make sure to keep some of the soaking water.
- Place all the ingredients in a powerful Blender or Food Processor and blend in small pulses until a sticky dough forms.
- Line a Cupcake/Muffin Tray with cupcake Liners, then place about 1 tbsp. of the Cups Base Dough at their bottom.
- Press the dough with the bottom of a glass to make sure the base is well packed and tight.
- Place the tray in the freezer to set for at least 30-45 minutes.

Raspberry Cream

- Soak the Raw Cashews for at least 5 hours, preferably overnight. Drain well when ready to use.
- Place all the ingredients in a powerful Blender or Food Processor and blend for a few minutes until creamy and smooth.
- Taste and adjust with more Raspberries, Syrup or Coconut Milk if needed.
- Pour some batter in every cupcake liners to cover the date crust. You can almost fill them completely.
- Place a few Frozen Raspberries on top of each cups as a Garnish, then place back in the freezer to set for at least 2 hours.

Recipe from:

<https://www.abakingjourney.com/raw-raspberry-cups/>

Total Time: 2 hr. 15 min (not including the soaking time for the cashews and dates)