



## Frozen Cheesecake Pops with Fresh Fruit

Makes about 8 big pops

1 ½ cups raw cashews, soaked for at least 30 minutes in warm water, up to overnight

¾ cup shredded, unsweetened coconut

¼ cup melted, refined coconut oil

¼ cup brown rice syrup

2 tablespoons lemon juice

¼ teaspoon salt

Up to ¼ cup of your favorite non dairy milk

½ cup roughly chopped and pitted cherries, berries, or a similar fruit, fresh or frozen\*

2 tablespoons agave

1 cup gram cracker or your favorite cookie crumbs

Drain the cashews and add them to your blender along with the coconut, coconut oil, brown rice syrup, and salt. Let this run until the batter inside is nice and smooth. If your blender needs a little more liquid to get going, add your favorite non dairy milk, 2 tablespoons at a time, to help it along. Once the batter is smooth, pour it into a freezer safe bowl and set it aside.

Now add the fruit and agave to the same blender, no need to rinse it, and pulse it until the fruit is chopped up nice and tiny. A couple big chunks are ok. Swirl this into the batter and stick the bowl in your freezer until it's started to harden but before it's completely solid, about 45 minutes.

Grab a cookie sheet and place a couple piles of gram cracker crumbs right on the sheet. Use an ice cream scoop and scoop out a good helping of your cheesecake batter and place it right on the crumb pile. You can sort of flatten the top of the scoop if you want but it not necessary. Repeat the process until you run out of batter. Stick a popsicle stick right into the scoop and sprinkle the tops with a few more cookie crumbs. Place the cookie sheet back in the fridge until they harden then put the pops in an airtight container in the freezer to keep them fresh. Eat within the first month of making them not that they will last that long.

\*If you like things sweet, sub in ½ of your favorite preserves or jam and skip the agave. Just swirl it right in.