



60 Days to Reclaim YOUR Health

STRAWBERRY OR BLUEBERRY CHEESECAKE

From *How We All Went Raw* by The Top Raw Men

Buttery Crust:

2 cups pecans or walnuts
1/4 tsp vanilla
1/4 cup flax seeds

1/4 tsp salt
1 cup dates soaked about 5 minutes to soften

1. In a food processor with the S blade, blend 2 cups pecans or walnuts into small pieces.
2. Then add the rest of the ingredients and blend until it turns into a ball.
Be careful not to blend too long.
3. Place crust into a spring form pan (if available), although any pie pan will do.
4. Mash in place with your fingers.

Cheese filling:

3 cups cashews
3/4 cup agave nectar
1 tsp vanilla

1/2 cup lemon juice
1/4 cup coconut butter, optional
1/2 tsp sea salt

1. Blend cashew, lemon juice, agave, coconut butter, vanilla, and sea salt in a food processor. Ensure the mixture is thick. Add a small amount of water to help in the mixing process. Blend until velvety smooth.
2. Pour mixture on top of the crust. Remove air bubbles by tapping the pan on the counter.

Strawberry or blueberry topping:

2 cups frozen strawberries or blueberries
1 cup pitted dates soaked for 10 minutes
1/4 cup almond milk

1. Blend all topping ingredients in food processor until smooth.
2. Pour topping over cheese filling.
3. Freeze for several hours or until firm.
4. Remove the whole cheesecake from the pan and serve while slightly frozen.



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PEANUT BUTTER CHOCOLATE PIE

From *How We All Went Raw* by The Top Raw Men

Crust:

The best and easiest crust for this pie is to purchase a whole wheat crust from the frozen food section at your grocery or health food store. Prepare it according to the directions on the package.

Fillings:

“Peanut Butter” Filling

1-1/2 cups raw almond butter

1. Press almond butter into the pie shell.

“Chocolate” Filling:

2 large avocados (or 3 small avocados)

1 cup carob

1 cup pure maple syrup

1. Blend chocolate filling ingredients in a food processor until creamy. If you want a darker chocolate add more carob. If you want it sweeter add more maple syrup.
2. Pour mixture on top of almond butter.
3. Place into freezer overnight and serve slightly frozen.

Using carob, sweeteners and fresh mint, you can recreate the taste of chocolate without the negative effects of caffeine!