

PEANUT BUTTER AND PRALINE CHEESECAKE

INGREDIENTS

BASE:

- 2 cups raw hazelnuts
- 2 cups raw macadamia nuts
- 2 tbsp. coconut oil
- 1 tbsp. rice malt syrup or honey

CARAMEL SAUCE:

- 100g butter
- 1/2 cup rice malt syrup
- 1/2 cup coconut cream

FILLING:

- 3 cups raw cashew nuts
- 1 1/2 cups coconut cream
- 3 avocados
- 1/2 cup raw cacao powder (or cocoa powder)
- 1 tsp. salt flakes or salt
- 1 tsp. cinnamon
- 2 cups crunchy peanut butter

CHOCOLATE SAUCE:

- 1/4 cup coconut oil
- 1 tbsp. rice malt syrup or honey
- 1 tbsp. raw cacao or cocoa powder
- 1 tbsp. coconut cream

PRALINE

- 1/2 cup rice malt syrup
- 1/2 cup of any leftover nuts



LARNA HOWARD
CREATIVE SERVICES

*“An addiction to chocolate
led me on a search for a
healthy alternative”*

DIRECTIONS

1. Make the base by blitzing the pecans and macadamias in a processor. Add the coconut oil and syrup then spoon into a baking dish lined with baking paper. Place in the freezer.
2. Make the caramel sauce by melting the butter with the syrup in a saucepan. Bring to boil then reduce, leaving to bubble without stirring. Cook for 5 minutes or until golden. Remove from heat and add coconut cream.
3. Make the Praline by lining a baking tray with paper and smoothing over the syrup, before sprinkling with chopped nuts. Lay under the grill for 5 minutes or until crystallised. Allow to cool before smashing into small pieces.
4. Make the filling by blitzing the cashews in a processor until smooth, with half the coconut cream. Transfer into a bowl and set aside. Pulse the avocados with the remaining coconut cream in the processor with cacao, salt and cinnamon until smooth. Add this to the cashew mixture then add the peanut butter and half of the praline you made earlier.
5. To assemble: Spoon half the filling mixture over the crumble base from the freezer and freeze for 5 minutes. Drizzle half the caramel sauce over, and freeze again for another 5 minutes. Add the remaining filling mixture, freeze for 5 minutes then add the last of the caramel sauce and freeze again until it's ready to eat!
6. Make the chocolate sauce by melting the coconut oil and syrup over a low heat. Remove from heat and whisk through cacao. Leave to cool for 5 minutes. Whisk the coconut cream through. OR cheat with Ice Magic!
7. To serve, remove the cake from the freezer and drizzle with the chocolate sauce. Serve with the smashed praline on top.

