

Blueberry and Nettle Cheesecake



Ingredients (makes 16 squares):

Crust Layer

- 100g walnuts
- 70g pumpkin seeds
- 1/2 teaspoon cinnamon
- pinch sea salt
- 6 medjool dates, pitted
- 1 teaspoon maple syrup

Nettle Layer

- 40g nettle leaves
- 75g cashews, soaked for 4 hours
- 60ml maple syrup
- 60ml oat-milk
- ½ lemon, zest
- ½ lemon, juice
- 100g coconut butter, melted over a bain marie

Blueberry Layer

- 150g blueberries
- 75g cashews, soaked for 4 hours
- 60ml maple syrup
- 2 tablespoons oat-milk
- ½ lemon, zest
- ½ lemon, juice
- 1 teaspoon vanilla extract
- 100g coconut butter, melted over a bain marie

Make:

1. Grease a 6" square cake tin with removable base.
2. Pulse walnuts and pumpkin seeds in a food processor until ground. Add pitted dates, cinnamon, salt and maple syrup and blend the mixture together.
3. Spoon the mixture into the tin, spread evenly onto the base and press tightly down. Place into a fridge.
4. Carefully pick nettle leaves from the stems and wash thoroughly. Bring water to the boil in a medium pan and then add nettles and blanch for a couple of minutes. Rinse under cold water and leave to drain.
5. Rinse the soaked cashews for the nettle layer under running water and place into high speed blender together with the nettles, maple syrup, oak milk, lemon zest and juice. Blend all ingredients together until smooth. Add melted coconut butter and blend until incorporated.
6. Spread the mixture on top of the crust layer and smooth out the top. Cover the cake with a layer of baking paper and cling film on top and place into a freezer until set enough for blueberry layer.
7. Rinse the soaked cashews for the blueberry layer under running water and place into high speed blender together with the blueberries, maple syrup, oak milk, lemon zest and juice and vanilla extract. Blend all ingredients together until smooth. Add melted coconut butter and blend until incorporated.
8. Spoon the mixture onto the nettle layer and smooth out the top. Cover the cheesecake with a layer of baking paper and cling film on top and place into a freezer until completely set.
9. Once set remove from the tin from the freezer, leave to thaw slightly until the cheesecake can be cut into 16 bars.
10. Continue to thaw fully before serving.

