

Raw Vegan Living

Raw Chocolate Desserts E-book



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Raw Vegan Living is a delicious, mind, body and soul changing lifestyle!

***Easy Raw Living Raw
5 Raw-mazing Recipes!***

(1)

Raw Vegan Living Introduction

Hello and welcome! Thank you for downloading my free e-book! My name is Miliany Bonet, and I run three blogs: [RawVegan Living](#), [Omedz0](#) & [1RawVegan](#), where I post and share FREE, fun, easy, delicious raw recipes, tips, articles, and beautiful food photography – and they're all about this awesome lifestyle! This e-book features five *exclusive, never-before-seen* recipes that are easy, fun and delicious! You will find three raw recipes and 2 vegan recipes, but mostly raw. All five recipes are gluten-free, low-fat, guilt-free, healthy, and provides amazing health benefits, too. So, what are you waiting for? Go to your cruelty-free kitchen and start making these recipes, and while your at it - share them with family, friends or whomever! They will be surprised at how healthy *can* be delicious! I believe that great recipes were meant to be shared, and that is why I created my blogs and this e-book. Hope you enjoy them all!



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ABOUT ME

Hi! My name is Milianny Bonet, and I am a raw vegan teen chef, teenage blogger, teen entrepreneur, researcher, and a homeschooler. I am passionate about raw foods, and I want to motivate and inspire others to eat more raw fruits and vegetables into their diets. I love eating, reading, writing, traveling, exploring, creating, being creative, and spending time in the kitchen rawifying recipes with my dad (who is also a raw vegan:). Creating guilt-free desserts and raw foods is like an art for me. It makes me happy, it's beautiful, fun and lot's of beauty comes threw (just like art). My [recipes](#) are made with love, happiness and laughter. I strongly *believe* and *know* that healthy CAN be delicious!

I want to motivate and inspire (not convince) others to start incorporating more raw fruits and vegetables into their diets, and less cooked foods. Eating raw is fun and it is NOT boring at all. Trust me. Give it a try yourself. Your body will thank you. Raw vegan foods not only became a diet for me - it became a *lifestyle!* *Raw vegan living foods is the only diet that really, truly works for me.* The improvements you will see are more then worth it, and will save your life :) There are so many great inspirational raw vegan stories out there. I want to prove that clean eating and raw living foods is the best way to eat, have optimal health and more love in our hearts. I LOVE raw foods! I am very happy and proud of myself to have been enlightened at such a young age. I hope I inspired and improved your day, along with your mood. :)

Change your diet, change your life! ;) RAW VEGAN LIVING! =>

Stay Healthy, Green & StRAWng, my friends! =>



To read my full story: <http://rawveganliving.blogspot.com/2012/12/about-authorwriter.html>

INGREDIENTS HEALTH BENEFITS DICTIONARY

I believe it's *very* important to know the benefits of *everything* you eat. This e-book is all about desserts; and I believe that *everyone* should get healthy & benefit from eating desserts – especially if they're so healthy and guilt-free;) So, I have made a list of all the 15 ingredients that you will find in this dessert e-book (*almost like a dictionary with a few health benefits meaning*). Chances are, you most likely have these ingredients already in your kitchen, and you have probably heard and seen them before. They are not expensive, all in which are pretty affordable. Check out these cool super foods!



DATES: the most nutrient-densed dried fruit in the world, provides energy, contains potassium, high in fiber, stops constipation, vitamins, minerals, proteins, sulphur, copper, phosphorous, magnesium, and iron. Dates have everything your body needs to sustain itself. They are a survival food! They are Nature's candy because they're naturally sweet!;) Read my post [here](#) about dates. Medjool dates are preferred in my recipes (I use large ones).

CASHEWS/BUTTER: naturally sweet, helps you to loose & maintains weight (*when eaten in moderation of course*), contains iron, protein, magnesium, phosphorous, zinc, copper, manganese, happy fats, least fat content than any other nuts, dietary fiber, contains phytosterols, tocopherols, and squalene – all in which lower the risk of heart disease. Be sure to soak them for 2 hours (*no longer then 8 hrs*) before using in recipes. Read more [here](#).

RAW COCONUT NECTAR: more nutritious than agave nectar! Fat-free, gluten-free, very low glycemic, neutral pH, good source of minerals, contains 17 amino acids, vitamin C broad spectrum, B vitamins, non-GMO, & 100% enzymematically raw! To learn more about coconut nectar, read my blog post [here](#).

ALMONDS/BUTTER: makes you happy, contains B12 vitamins, proteins, helps with the relief of constipation, respiratory disorders, heart disorders, helps with hair, skin & dental care. It's heart healthy, contains more calcium than cow milk!, good for the brain (*brain food*), regulates cholesterol, controls blood pressure, helps prevent & protect against cancer & diabetes, boosts energy, & helps with weight loss!

CACAO/CAROB POWDER: cacao is anti-depressant (*makes you happy*:) good source of magnesium, contains more antioxidants than blueberries, red wine and green tea; and nearly 8 times the amount of antioxidants found in strawberries! It's high in fiber, aids in weight loss, & it also neutralizes the muscles. It's a superfood! Carob is the much healthier alternative to chocolate (*cacao*). To read more about the health benefits, read my post [here](#).

COCONUT OIL: contains good healthy fats that aids in weight loss, promotes strong, healthy hair, skin & nails! Boosts metabolism, the number one best cooking oil in the world, anti-inflammatory, cures cancer, lowers high blood pressure, helps with diabetes, and it's a super food! Be sure to look for extra virgin, raw, pure, unrefined coconut oil. There are endless health benefits! If you want to learn more about the health benefits, read my post [here](#).

TOFU: not a raw food because it is heated to 160 degrees during the production process, but it's a good complement to a raw food diet. It is used as a healthy "meat" alternative because it is high in protein, but low in cholesterol, low in saturated fat, rich in potassium, essential B vitamins, and E vitamins. It may have a bland taste, but you'll eventually get used to it & enjoy it (*like I did*). Be sure to look for organic & non-GMO tofu. [Nasoya](#) (*the one I use*) is a good brand.

RAISINS: relieves constipation, helps with anemia, fever, bone health, dental care, eye care, weight gain (*great after a workout*), contains natural fructose & glucose, provides energy, contains many vitamins, amino acids, minerals (*such as phosphorous, selenium, etc.*), good sources of magnesium, potassium & B vitamins (*which are essential for formation of blood. Copper in raisins help formation of red blood cells*). Also contains vitamins A, A-beta carotene & A-carotenoid. Helps prevent cancer, tumors & protects the eyes from free radicals.

WALNUTS: helps to maintain weight (*when eaten in moderation*), may prevent breast cancer, anti-inflammatory, over 90% of the nutrients are found in the skin (*eat the walnuts skin!*), reduces blood pressure, lowers cholesterol, soothes arthritis, & relieves irritable bowel syndrome (IBS). It only takes 7 walnuts to get ALL the health benefits! They're high in protein, dietary fibers, vitamins, minerals, may decrease the chance of heart disease, gallstones, arthritis & type 2 diabetes. It's also a BRAIN food! Didn't you ever notice it is a shape of a brain?! *Cool*, right? They're packed with omega 3/6! Be sure to soak them for 2-8 hours before using in recipes.

BUCKWHEAT: a naturally gluten-free oat that can be used as groats & flour form. It's not a wheat, nor is it related to a wheat. It blossoms from a flower called Buckwheat. It's great for type 2 diabetes! Contains high levels of copper, zinc, manganese & soluble fiber. It helps keep you fit & healthy, easily digestible, helps with high blood pressure, high cholesterol, arthritis, & lowers your risk of diabetes.

CHIA SEEDS: helps you to lose weight, high in fiber, helps keep you full, gives you energy, used by the Myans & Aztecs in the ancient times, works like a broom to sweep away any bacteria, debris & junk you may have hidden in your digestive tract & intestines! Rich in omega 3 fatty acids & a wonderful super food! To read more about the epic, wonderful health benefits, read my post [here](#).

Lemons: helps you to lose weight, cleanse out your stomach, anti-inflammatory, anti-aging, helps you go to the bathroom, works like an elixir; heals throat infections, fevers, indigestion, constipation, dental, skin & hair care, very alkalizing to the body, contains vitamins C and B, protein, minerals, vitamins, phosphorous, carbohydrate, antioxidants, prevents cancer & diabetes. Helps lower high blood pressure & much more!

Hemp Seeds: great gift from Nature, contains amazing health benefits: aids in weight loss, increases in energy, rapid recovery on injuries, helps lowers cholesterol & blood pressure, it improves circulation, & immune system. Contains essential amino acids, high amounts of fatty acids & fiber, a complete protein, vitamin E, & other trace minerals. They are easily digestible; no need to soak them because they don't contain phytic acid (which is present in most nuts & seeds). Provides macro & micro-nutrients. Hemp is one of the most healing, nutritious and easily digested food on planet earth! And provides much more benefits! Hemp is a wonderful super food.

Poppy Seeds: prevents kidney stones, breast cancer, heart attacks, asthma, insomnia, helps with certain digestive & stomach disorders, an excellent source of B-complex vitamins, thiamin, riboflavin, iron, copper, makes you sleepy while your body is at a relaxed state, helps relieve tooth cavity pain, & much more! To learn more about poppy seeds, read my post [here](#).

As you can see, there are a TON of wonderful health benefits. This e-book would have a lot of pages if I listed ALL the amazing benefits. But I'll just leave you with these very important facts & benefits, along with my post links. Please visit my blogs for further info. To learn the basics to this lifestyle, please read my post on [raw food basics](#).

Please Note: Of course, nuts are great for losing weight when **eaten in moderation**. Eating 3-4 cups per day, (*all in one setting*) is too much! It's proven that a handful of nuts and seeds everyday will help with weight loss! In fact, people who eat nuts and seeds into their diets are most likely to lose weight than those who don't eat them! Of course, in moderation. Just eat little by little (*in moderation*). You don't have to eat nuts everyday in your diet, and you don't have to add them into crusts, either. You can make the crusts (*featured here in my recipes*) totally nut-free. There are a lot of nut-free bases that are really epic. You may add buckwheat flour, oat flour or any raw meal flour really. There are a few options to choose from, and it's really up to you. I like to encourage others to be able to have options, and choose what they prefer. I love having options, and that's what I like to provide for others as well.

Certain nuts aids in the help of weight loss, but just remember, you can also *gain weight* by eating nuts if you eat too many. This also follows with raisins. Eat too many, you'll gain weight. Just know your limits. You may also feel free to use less nuts in a recipe. So for example, if a crust base calls for 1 1/2 cup walnuts, you may add less (*1 cup*), if you want less 'fat'. In specific, healthy fats. Prior to using nuts in recipes, be sure to soak them to release any enzyme inhibitors. At least 2-8 hours (*or overnight*) of soaking is fine. To read more about the health benefits and which nuts to soak, read my post [here](#).

Another Note: You may notice that I note “more or less” next to the ingredients. For example, ½ cup raw coconut nectar (*more or less*). Meaning, you may need to adjust it to your taste, flavour and consistency. The thing is with raw food, measurements are not precise; so just add enough of everything to get the consistency, flavour and texture you want. I talk more about this topic in my post on [raw food basics](#). If you don't want to use coconut nectar or raisins for any reason in recipes, just add more dates then called for. My number one rule in the kitchen is to ALWAYS taste!

Last Note: I highly recommend reading my blog post about why coconut nectar is way better than agave nectar! Learn and read more [here](#).

Okay, lets move on now to food! In specific, DESSERTS! =) Ooh, now the fun begins! ;)



DESSERTS

Raw desserts are part of my diet - and it can be part of yours, too. I believe everyone should get healthier from eating desserts, especially if they are guilt free! All my desserts presented in this e-book are all gluten-free, sugar free, flour free, low-fat, extremely healthy, contains happy fats, helps you to lose weight, easy, fun, delicious, & completely guilt free! Yay! You'll feel fabulous afterwards, and you'll be proud of yourself for receiving your daily value benefit intakes. Everyone wants to indulge & NOT feel guilty, right? That's the sweet raw side of this lifestyle!;) You will literally be in dessert heaven! As long as you've got a mega sweet tooth (*like me*), love chocolate, love dates (*the fruit*), and everything else – then I guarantee YOU that you will fall in love! I mean, life's too short to be feeling guilty – eat raw desserts!;)

Also, like I said before; don't stress too much on the exact measurements. You can have fun & play around with the ingredients. You may add more or less of anything you want. For instance, if there is any leftover chocolate sauce – just help yourself to eat it out the bowl or enjoy it with a date or something. I bet you'd love that, right chocoholics?!;) You can refer to all my chocolate sauce recipes [here](#).

Okay, and the raw dessert-love-heaven begins/starts! :) <3

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Raw Desserts?

No oven, no eggs, no dairy, no sugar, no white flour, no yeast, no empty calories...

Why Raw Desserts Should Be Part Of Your Diet!

* Taste like Heaven in a Dream: Raw desserts taste beyond better than the commercialized foods. Plus, they are easier and quicker to make! You feel the great quality in every bite!

Eco-Friendly: You can reuse, remake & combine the recipes endlessly!

Female (Everybody) Friendly: Raw Desserts are anti fattening, anti aging, anti depressant, beautifying, a time saver, economical, & best of all - GUILT FREE & Healthy!

Expand Your Creativity: Raw desserts makes you think outside the box, be more creative, no wasting ingredients, making masterpieces with leftovers or batter, brain foods, multi tasking in the kitchen, improvising, finding uses for everything! Even the lonely banana that can turn into a banana pie or smoothie!

You Are What You Eat: "Let Desserts Be Thy Medicine" (Miliany Bonet). The ingredients in raw desserts are super foods that packs a powerful punch, helps you live long, helps you to lose weight, aids in detoxifying, high in vitality, & contains happy, healthy fats! I believe that everyone should benefit from eating desserts!

Have Fun In The Kitchen: Play around with the measurements. There are no rights or wrongs in raw dessert making. If you put too much of an ingredient in the blender, you can easily adjust the final result adding more of the other ingredients. Remember to ALWAYS taste as you go so you know if it's sweet enough, etc. Be Happy! =)

RawVeganLiving.blogspot.com

I Love Raw Desserts! They Are Great For The Heart <3

Chocolate Covered Stuffed Dates Drizzled with Butter Nectar Cream Sauce



These make the perfect gift for that date & chocolate lover. Make these with kids – they will love it! Naturally sweet to satisfy that sweet tooth;) Just make enough of these & they make a great gift & a meal or a snack! <3

CANDY: *(add up the recipe amounts to make more candy dates).*

- 6 pitted large or jumbo medjool dates *(check out my other dates recipe [here!](#))*

COCONUT NECTAR ALMONDS:

- 6 raw almonds *(or pecans)*, soaked
- 1 tablespoon raw coconut nectar

CHOCOALTE SAUCE: *(you can choose between any of my chocolate sauce recipes [here](#))*

- 3 tablespoons raw cacao or carob powder
- 1 tablespoon raw coconut oil, melted
- 4 tablespoons raw coconut nectar *(more or less)*
- 2 tablespoons almond milk *(or any vegan nut milk of choice, more or less)*
- organic, raw hemp seeds or chia seeds, to garnish - but optional

BUTTER NECTAR CREAM SAUCE:

- 6 tablespoon raw cashew butter *(almond butter will work, too)*
- 2 tablespoon raw coconut nectar
- 3 tablespoon almond milk *(or any nut milk of choice)*



for the [Candy](#): take the pits out of the dates carefully, not pulling them apart completely. The almond replaces the pit. Set aside on a plate, bowl or parchment paper.

for the [Coconut Nectar Almonds](#): take the almonds (or pecans) and coconut nectar & place them in a bowl & stir the almonds until they're fully coated & sticky into the nectar. Take your pitted dates and gently add one almond inside the whole on top of the date. Add one almond (or pecan) per date. **Repeat** this process for every date. Set aside on a plate, bowl, baking dish, parchment paper or in cupcake cups (like I did). Set aside while you make the chocolate sauce.

For the [Chocolate Sauce](#): whisk or blend the ingredients until smooth in your blender or in a bowl. Take your stuffed almond dates and dip it in the chocolate sauce, covering the entire date in chocolate. If desired, roll or drizzle the dates in the hemp seeds. Place the chocolate covered dates in a cupcake paper cup or on aluminum foil. Place the dates in the fridge for about 15-30 minutes, or until the chocolate hardens.

for the [Drizzle Cream Sauce](#): in a bowl, you can mix (whisk) together the butter with the nectar until it forms a thick sauce/cream. Take out the chocolate stuffed almond dates from the fridge & pour the sauce threw a Ziploc bag with a whole at the bottom. Or use a spoon to drizzle onto the chocolate covered dates. Then pour the nectar on top of the butter. Or you can place the ingredients in your blender and blend until warm. It's really up to you. The butter and nectar mixture on top of the cold chocolate dates; you create a warm drizzle sauce right on top (warming up the butter nectar drizzle cream/sauce is optional though). Voila! You can enjoy these with a glass of nut milk. Mmm... so delicious!>=) EAT n' ENJOY!

Easy Raw Mousse Vegan Pudding



MOUSSE:

- 6 tablespoons raw cacao or carob powder
- 3 tablespoons raw melted coconut oil
- 6 tablespoons raw coconut nectar (more or less)
- 1-3 tablespoon nut milk of choice or water (I prefer using almond milk)

PUDDING:

- 1 tub/package silken soft tofu (you may use firm, but preferably soft)
- 10 soft pitted medjool dates (if dried, soak them in hot/warm water enough to cover them)
- 2 tablespoons raw coconut nectar (more or less)
- 2 tablespoons or heaping handful raisins, optional
- 1 tablespoon chia seeds, optional
- fresh fruit of choice, optional



for the Mousse: whisk or blend the ingredients until smooth in your blender or in a bowl. Set aside.

for the Pudding: drain the water from the tofu & place it on a clean napkin or cloth to dry. Place the tofu in the blender, along with the rest of the ingredients. Blend until creamy & smooth - like really smooth. It should have a pudding consistency. Taste for sweetness, adding more or less of the sweets as desired. Serve in a beautiful glass cup or bowl. Drizzle/pour the mousse on top. Enjoy! I like to lightly mix the mousse into my pudding to form a swirl. Inspired by this [recipe](#).

The mousse with the pudding is divine! If you like tofu, dates & chocolate, you will love this. And if you don't, you might just start liking it after that one spoonful of this goodness. It may sound odd, but it's actually epic. Tofu & dates are a perfect combination together. This is heaven in a glass/cup/bowl.

Marbled Brownies



These babies are so epic! They are low-fat & guilt free - you can get away with eating these for breakfast! I love the swirl. These brownies are so tasty & pair great with a glass of nut milk. If your a brownie fan, you sure will fall in love this these brownies. Those brownie lovers will be surprised at how epic raw brownies can be! A nickname for these are: Modern Marble Brawnies. Haha, get it?!

BROWNES:

- 1 1/2-2 cups raw walnuts, soaked
- 1 cup pitted medjool dates
- 1/2 cup raisins, optional
- 1/3-1/4 cup almond milk (or any nut milk of choice)
- 2 tablespoons raw coconut nectar (more or less)
- 1/2 cup raw cacao or carob powder

MARBLE SAUCE:

Chocolate:

- 2 1/2 tablespoons cacao or carob powder
- 2 tablespoons raw coconut oil, melted
- 6 tablespoons raw coconut nectar (more or less)
- 3 tablespoons almond milk (or any nut milk of choice, adding more or less to slowly thin)

White Sauce:

- 2 tablespoons raw cashew or almond butter (I recommend using cashews)
- 3 tablespoons almond milk (or any nut milk of choice, adding more or less to slowly thin)

for the Brownies: place the walnuts ONLY first in your food processor. Process until its crumbs. Add in the dates, raisins, nectar, milk, & powder. Blend or process until it forms a dough like crumbs. Do not over process, as the dough will be too soft. Press the dough a bit together with your fingers and see if it holds or crumbles. If it crumbles, add a few more dates & process until it holds. If it holds, take the dough out & place it at the bottom of a baking pan (about 8x9"). Spread the pan with the brownie base & place in the fridge for about 15-30 minutes. Meanwhile, make the marbled sauce. The brownie base is the same as my brownie recipe [here](#).

for the Marble Sauce: whisk or blend the chocolate ingredients first. Blend or whisk until smooth. Set aside. In a small bowl, place cashew butter & almond milk. Stir using a butter knife & stir until a thin (not to thin) sauce.

to form the Swirl: pour all the chocolate sauce on top of the brownies & spread all over. Then add a heaping tablespoon of the nut butter & milk batter, & dot the butter & milk batter with 6 mounds (just like you would with the dairy marbled brownies). Using a butter knife, swirl "S" shapes right through the chocolate sauce. Swirl away. One direction, then the other direction. Don't blend it in so much that it's one big blurr. Make sure it looks all swirly & stuff. Cover the brownies & place in the fridge for about 10 more minutes to harden the swirl, or you can enjoy it after you spend the marble sauce. Either way, it's delish! Store any leftovers in the fridge. Enjoy!

Chocolate Orange Datetacious



You probably know how epic orange & chocolate pear so perfectly – then you can imagine how this datetacious taste. It's deliciously epic & while while your eating this, your mind goes into a fun, happy place. It's almost like dessert heaven! If your a chocoholic (like me), then you will sure love this delight. This is pre divineness! So datetacious!;) This is my dad's recipe. Genius, I know.

ORANGE DATETACIOUS DELIGHT:

- 6-10 oranges, peeled
- 1/3 cup raw almonds, soaked
- 20 soft pitted medjool dates
- 4 tablespoons raw coconut nectar (*more or less*)
- 3-4 tablespoons chia seeds
- 2-4 tablespoons raw coconut oil, solid
- heaping handfuls of almonds or any other nut (*preferably almonds*)
- heaping handfuls raisins
- 10-14 dried figs (*add a few. dried is preferred, just soak them in water for a few until soft*)
- 4-5 tbsp flax meal (*more or less to thicken*)

CHOCOLATE SAUCE:

- 10 tablespoons (1/4 cup) raw cacao or carob powder
- 5 tablespoons raw coconut oil, melted
- 6-10 tablespoons raw coconut nectar (*more or less*)
- 2-4 tablespoons nut milk of choice (*more or less*)

for the **DATETACIOUS**: pit the dates and peel the oranges. Place all ingredients in your food processor or blender. Process or blend until a somewhat creamy consistency. At this point – TASTE! Adjust to your preferences & sweetness. Do not process for too long or over process it because it will become to liquid-y. Remember, oranges contain juice, so not much mixing is required. Take out the orange datetacious mixture & place it on parchment paper or aluminum foil on a flat surface (like a tray). Spread the datetacious mixture on the paper or foil & form a thin-thick square, rectangle (shape any way like really. I like to form squares or rectangles). You should have a nice square (box) that's firm. If it's too watery, add more dates, nectar and/or flax meal. It may take some time to get the right consistency. Place in the freezer for 10 to 15 minutes - then transfer it to the fridge until firm. (this looks like apple pie to me) While its chilling, make the chocolate sauce.

For the **Chocolate Sauce**: whisk or blend the chocolate ingredients first. Blend or whisk until smooth. Set aside. Spread the chocolate on top of the datetacious. At this point, you can choose to either devour it, or let it chill in the fridge until firm & the chocolate hardens. It's up to you. This is really delicious with a glass of nut milk. Mmmm!;)

Tofu Dates Chocolate Swirl Cheesecake



CRUST:

- 2 ½ cups raw walnuts, almonds, pecans, buckwheat flour, or raw rolled oats, soaked (*choose your crust base of choice. can be nut free crust, too*)
- 1 cup pitted medjool dates
- 1/3 cup raisins, optional [*edit this recipe a bit in measurements*](#)

FILLING:

- 2 packages of extra firm tofu (*extra firm is recommended*)
- meat of one young coconut (*the fresher the better*)
- 2 tablespoons raw cashew butter
- 1 cup (20) soft pitted medjool dates (*if dried, soaked in hot/warm water just enough to cover them until they soften*)
- 1/4 cup raisins or more dates (*about ½ cup more*)
- 4 tablespoons raw coconut nectar (*more or less*)
- 3 tablespoons solid coconut oil
- 1 tablespoon hemp seeds, 1 teaspoon chia seeds & poppy seeds
- juice of one lemon

CHOCOLATE:

- 6 tablespoons cacao or carob powder
- 3 tablespoons melted coconut oil
- 6 tablespoons raw coconut nectar (*more or less*)
- 3 tablespoons almond milk (*or any nut milk of choice*)

WHITE CASHEW BUTTER BATTER:

- 2-3 tablespoons cashew butter (*or almond butter... won't be white though. Cashew butter is preferred.*)
- 2 tablespoons almond milk (*or any vegan milk of choice*)

for the Crust: in your food processor, add ONLY the nuts first & process until crumbs/chunks. Then add the dates & process until it forms a dough. Spread the crust at the bottom of a 8x9" springform pan. Set aside in the fridge while you make the filling.

for the Filling: drain the water from the tofu packages, & crack open your coconut; scooping out the meat (drink the water). Place all ingredients in your blender, & blend until creamy & smooth. TASTE & adjust to your sweetness.

for the Chocolate: whisk or blend all ingredients until smooth. Set aside in a bowl.

for the White Batter: place the two ingredients in a bowl, & whisk it until creamy & smooth. It should be thin, but not too thin. If it's too thin, add more nut butter. If too thick, add more nut milk. Set aside in a bowl.

to Assemble: pour and spread all of the filling at the bottom of the prepared crust. Be sure that the springform case (*springer*) is sealed on. Cover & place the cheesecake in the fridge for 2 hours. Then after the 2 hours - it's time to swirl!

to make the Swirl: pour & spread the chocolate sauce all over the top of the cake. Then using a spoon, drop tablespoons or teaspoons of the white batter onto the chocolate sauce. Using a stick or butter knife, (see my e-book post on [my blog](#), "*Its Here! My First E-book! + How To Make A Swirl*") for more a tutorial on swirling) stir in the white batter & form a swirl, just like you would with my marbled brownies (see recipe above). You should have 6 sets of white batter; 3 in a row. Place the cake back in the fridge for an additional 2 hours, or overnight (it's better the next day. Trust me!), until the cake is firm enough to release the springform case. Serve & Enjoy! Store any leftovers in the fridge. It'll last for 4 days.

Appreciation

I would like to dedicate this page to say thank you for all those who downloaded this e-book. I really appreciate all your support! Thank you all for those who subscribed, commented, made and shared my recipes. THANK YOU!!! I am very excited to launch my first e-book and share it with all of you! I believe that great recipes should be shared, so therefore, I am more than happy to share my recipes with all of you!

I really hope you liked and enjoyed this e-book as much as I enjoyed making it, putting it together & taking the pictures. I want all you to know that I put much love into making this e-book come together. <3

Please feel free to [contact me](#) if you have any questions or concerns about anything. Also, please let me know if you liked and enjoyed my e-book and recipes. You may contact me personally via email, tweet me or post a comment on [my blog](#). I would love to hear what you think about my e-book. It would be greatly appreciated. :)

Please visit my blogs for more great recipes, and more info about my diet, about me, raw food basics, etc: [Raw Vegan Living](#) , [Omedz0](#) & [1Raw Vegan](#).

Thank you =)

Miliany Bonet xoxo

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