

Raw Vegan Walnut and Coffee Cheesecake-Torte

BY NINA LAWRIN

A simpler twist on the traditional Ukrainian Walnut torte that's gluten free and dairy free. Prepare in 30 minutes with a 1 hour (freeze) set time.

ingredients

Crust:

- 1 cup walnuts (soak in water overnight)
- 1 cup dates, dried cherries, dried cranberries or combination of all three

Cheesecake filling:

- 1 1/2 cup cashews (soak in water 1 hour beforehand)
- juice from 1/2 lemon
- 3 tablespoons of instant coffee
- 1/3 cup coconut oil, melted
- 1 can of full fat coconut cream
- 2 tablespoons of raw local honey

Yield: 12 mini cheesecakes

directions

- Soak walnuts overnight for best nutrient absorption, then drain. Next morning, place walnuts and dried dates, cranberries, and/or cherries in food processor and blend until they stick together. If the mixture feels too dry, add in more dried fruit.
- Line cupcake tray with individual liners. Fill the bottom of each liner with a tablespoon of walnut filling and press down to flatten with your fingertips. Set aside while you make the filling.
- Drain cashews, then place in blender. Add instant coffee, lemon juice, melted coconut oil, full fat coconut cream, and raw honey and blend until smooth. I find using a Vitamix works best, if possible.
- Pour filling into cupcake tray. Add a walnut on top of each for decoration. Freeze for 1 hour to let all the ingredients set. Enjoy!

Freeze for up to 2 weeks. Keep in fridge for 3-4 days for immediate enjoyment.



NINA LAWVIN

Nina Lawrin is an ethnobotanist, urban forager, permaculture designer, artist, and folk herbalist. She is the owner of loveren collections, an experience dedicated to education and re-connection to nature through everyday wild perennial foods with emphasis in the Midwest, Eastern Europe, and Southern Africa. Her brand Everyday Forage provides wild perennial foods to Chicagoans and Michiganders through seasonal subscription boxes. Nina completed her MSc in Ethnobotany from the University of Kent, UK. Nina is a Fulbright alumna to Namibia and serves as a Fulbright Alumni Ambassador. She has worked alongside numerous farms and permaculture sites including Eloolo Permaculture Initiative and Damaraland Farming Cooperative, cultivating their “waste streams” to share and create nontoxic, research-driven, site-specific artwork. She started her foraging journey learning from the indigenous San community in Namibia and Botswana in 2016. Nina is a proud certified tree keeper with Openlands #1248, a certified permaculture designer, and just a general foodie at heart .

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