

# CANADIAN CHEESECAKE

## Nuts Program

### Ingredients:

10-15 dates (depending on size), stoned  
one to one and a half handfuls of pecan nuts  
a pinch of salt  
a handful of cashew nuts

1 tbsp of maple syrup  
1 glass of almond milk  
1 tbsp of cinnamon  
2 drops of vanilla extract

Using the “nuts” function, mix the dates, pecans, and salt until you obtain a dry paste with pieces of crunchy pecan still visible.

Roll out into small circles (you can use a pastry cutter for this).

Cheesecake custard:

Soak the cashew nuts.

Mix with the maple syrup, the almond milk, the cinnamon, and the vanilla.

Pour into the pastry-cutters and let sit in the refrigerator for several hours.

Serve with pieces of pecan nuts, toasted in the pan, and some maple syrup crystals (available in organic food shops), and a drizzle of maple syrup.

### TEFAL TIP:

Make a pastry crust which is rich in nutrients and doesn't require any cooking. Then sweeten with some maple syrup, thereby avoiding the empty calories in white sugar!

