



BLACKCURRANT & COCONUT CHEESECAKE POTS

Ingredients

For the oaty base -

100g oats

100g dates, soaked in hot water for 10 minutes then drained

75g cashew nuts

35g desiccated coconut

2 tablespoons maple syrup

For the coconut cream layer -

1 x can coconut milk, chilled in the fridge overnight

4 tablespoons maple syrup

1 teaspoon vanilla extract

For the blackcurrant compote -

150g blackcurrants (or use a mixture of ½ blackcurrants, ½ blueberries)

3 tablespoons Mr Fitzpatrick's

Blackcurrant Cordial

1 teaspoon cornflour

Coconut chips, to decorate

How to

First make the base -

Place the ingredients into a blender or food processor and whizz up well until broken down and slightly sticky.

2. Divide between 2-4 tumbler glasses or small pots - fill up to about $\frac{1}{4}$ or $\frac{1}{3}$ - and press down gently. Chill while you make the next part.

3. Scrape out the solid part of the coconut cream out of the can and into a bowl. Add the maple syrup and vanilla then use an electric whisk to whip up the coconut cream for a few minutes until thickened.

4. Chill in the fridge for at least 30 minutes.

Now for the compote:

1. Place the berries in a pan with 1 tablespoon of water and the cordial. Heat up and simmer for 5 minutes until the juices have released.

2. Whisk the cornflour with 1 teaspoon water to form a paste then whisk into the berries while still cooking.

3. Cook for 30 seconds, stirring well, until thickened, then remove from the heat and set aside to cool.

When ready to serve, spoon

the coconut cream on top of the base (to fill up to $\frac{2}{3}$) then some of the berries and sauce. Sprinkle over the coconut chips and either serve immediately or chill in the fridge for up to 4 hours.