

# Raw Lemon Cheesecake

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## Ingredients

*200g mixed nuts of your choice*

*1 tbs psyllium husks*

*1 tbs white chai seeds*

*450 g Greek yoghurt*

*1/4 cup lemon juice*

*Zest of one lemon*

*3 tbs honey*

*200 g chopped dates, soaked in 1/4 cup water for 5 minutes or overnight.*

## Making the base

*Grease one flan dish 21 cm*

*In blender chop nuts, then add chopped dates & liquid blend till mixed well.*

*Spread mixture around base & up the sides & place in fridge, till needed,*

## Making the filling

*In the blender add the yoghurt, psyllium husks, chai seeds, lemon juice, zest & honey,*

*Adjust taste to your liking.*

*Pour filling into flan dish & leave to set overnight.*

*ENJOY CHEF TRACEYxxx*

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