

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Strawberry Blast

(With strawberries in season, this is a great raw recipe.)



Crust

2 c. Macadamia Nuts (or your favorite nut)
1/2 t. vanilla powder
2 T. agave
2 T. unsweetened coconut

Blend macadamia nuts, vanilla, and agave together. Chop coarsely. Press 2/3 of mixture into a round glass cake pan or glass 9x9 pan. Reserve 1/3 of the crust mixture for topping.

Filling

1 1/2 c. cashews
1/4 c. agave
1/4 c. coconut oil
1/4 c. water
4 ripe strawberries
2 c. strawberries (slice and put aside)

Blend all ingredients except the 2 c. of strawberries, until smooth and creamy. Fold in the sliced strawberries. Pour on top of crust. Sprinkle remaining crust mixture on top then sprinkle coconut on top of crust mixture. Place in the freezer for 2 hours. Slice and enjoy. Keep in the freezer.