



Nutrition Information Per Serving:

Calories: 339
 Protein: 16 g
 Carbohydrates: 29 g
 Fat: 21 g
 Fiber: 6 g

PREP TIME 15 mins	COOK TIME 30 mins	CHILL TIME 2 hrs	TOTAL TIME 2:45 hrs mins	RECIPE MAKES 6 servings
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Swapping out the cream cheese for cottage cheese turn these mini cheesecakes into a sweet breakfast or dessert you can feel good about!

"These mini two-bite cheesecakes are the ultimate dessert-turned-meal. They're made with deliciously creamy, melt-in-your-mouth Muuna...and they're loaded with healthy fat, protein and even some fresh fruit, so they're healthy enough to pass for breakfast!" —[Hello Glow](#)

INGREDIENTS

- 1/2 cup Packed pitted dates
- 1 cup Raw walnuts
- 2 cups Classic Plain Muuna cottage cheese
- 1/3 cup Coconut sugar
- 1 tsp. Vanilla extract
- 2 Eggs
- Coconut cream, chilled and separated
- Fresh raspberries

INSTRUCTIONS

- 1) Preheat oven to 350° F.
- 2) For the crust, place the raw walnuts and dates in a food processor and process until there are no lumps.
- 3) Liberally grease a muffin pan and divide the crust mixture among 6 to 8 tins.
- 4) Use your fingers to press down on crust.
- 5) Bake for 5 minutes, then remove from the oven and let cool.
- 6) Reduce the heat to 325° F and rinse out your food processor.
- 7) Place in the cottage cheese in the center of large piece of cheesecloth. Gather the ends and squeeze the cheese until you have removed a lot of the liquid. Place the strained cottage cheese in the food processor and puree until smooth.
- 8) Add sugar and vanilla and process again until smooth. Add the eggs and process until just mixed through. Spoon into muffin tins.
- 9) Bake for 25 minutes or until the center is almost set. Remove from the oven, cool, then refrigerate for 1½ to 2 hours.
- 10) While your cheesecakes cool, whip the coconut cream until it's fluffy. Garnish the cheesecakes with coconut cream and raspberries just before serving.