

VEGAN COOKING 101

# Summer Fruit Tarts and Cheezecakes



**Learn how to make naturally-sweetened, delightfully dairy-free, summer fruit tarts and cheezecakes with whole-food, plant-based ingredients.**

**Recipes from the book: *Black Belt in TOFU*  
Instructor: Liz Gary, Vegan Culinary Memoirs ePublishing**

**Sunday, July 14th | 2:00 - 3:30 PM  
Pacific Beach Hervey Branch Library**

## KEY LIME PIE

### INGREDIENTS:

#### CRUST:

2 cups almond flour  
 1/2 cup coconut sugar  
 1/2 teaspoon cinnamon  
 1/3 cup vegan butter, melted  
 Pinch of pink salt

#### FILLING:

16 ounces of tofu (firmest)  
 1½ cups raw cashews, soaked for 2-3 hours  
 1 pound of Key limes  
 ¾ cup agave syrup  
 Pinch of pink salt

#### TOPPING:

1 cup vegan cream cheese (see page XX)  
 2 tablespoons agave syrup  
 Reserved grated Key lime zest

### DIRECTIONS

#### CRUST:

Combine all the ingredients for the crust in a medium mixing bowl. Use a fork to mix and distribute the melted butter evenly. Press the mixture into an 8-inch round spring form pan and set the crust aside.

#### FILLING:

Place the raw cashews in a bowl and cover them with fresh water. Cover the bowl with plastic wrap or a clean towel and let them soak for two to three hours.

Zest and juice all the Key limes. Be careful to avoid the white pith while zesting and rotate the limes to zest just the fragrant green peel. Divide the zest into two portions. Reserve half of the zest in a small, covered bowl or container and store it chilled until ready for use.

Drain the soaked cashews and place them in a blender jar. Add the agave syrup, one half the Key lime zest, all of the Key lime juice, and a pinch of salt. Blend it on high until smooth.

Break the tofu into chunks. Lower the blender speed and add the tofu a few chunks at a time. Blend the mixture until smooth between each addition. Once all the tofu has been added increase the blender speed to high and blend for 2-3 minutes or until the mixture is smooth and creamy. Pour the filling mixture over the crust, cover it with plastic wrap and freeze it overnight or until firm.

#### TOPPING:

Combine the vegan cream cheese and agave syrup and mix it well. Remove the pie from the freezer and spread the cream cheese mixture evenly over the top of the pie. Sprinkle the remaining reserved Key lime zest over the top evenly. Cover the pie again and freeze it until the topping is firm and ready to serve. Remove the pie from the freezer 20-30 minutes before serving. Unbuckle the sides of the springform pan and transfer the pie to a serving plate. Store the remaining pie frozen or refrigerated. *Serves eight to ten.*

*Cool and refreshing, this pie is easy to make and always very popular with family and friends. As an alternative, you can save time and try a commercial vegan cream cheese for the topping.*



## LEMON BLUEBERRY CHEEZECAKE

### INGREDIENTS

#### CRUST:

2 cups almond meal  
1/2 cup coconut sugar  
1/2 teaspoon cinnamon  
1/3 cup vegan butter, melted  
Pinch of pink salt

#### CHEESECAKE LAYER:

1 1/2 cups raw cashews, soaked for 4 hours  
3/4 cup maple or agave syrup  
Zest and juice of one and a half lemons  
1 teaspoon vanilla  
16 ounces of tofu (firmest)

#### BLUEBERRY TOPPING:

1/2 cup cane sugar  
2 tablespoons corn starch  
1/2 cup water  
Zest and juice of 1/2 lemon  
2 cups fresh or frozen blueberries

#### PIPED SOUR CREAM TOPPING:

8 ounces of vegan sour cream  
1 teaspoon vanilla  
1 tablespoon powdered sugar

#### GARNISH:

Thinly sliced lemon wedges  
Fresh blueberries  
Sprigs of fresh mint (optional)

### DIRECTIONS

#### CRUST:

Combine all the ingredients for the crust in a medium mixing bowl. Use a fork to mix and distribute the melted butter evenly. Press the mixture into an 8-inch round spring form pan and set the crust aside.

#### CHEESECAKE LAYER:

Combine the soaked and drained cashews, maple or agave syrup, lemon zest, lemon juice and vanilla in the jar of a blender. Blend on high speed until smooth. then add the tofu a few chunks at a time blending until smooth between each addition.

Break the tofu into chunks. Lower the blender speed and add the tofu a few chunks at a time. Blend the mixture until smooth between each addition. Once all the tofu has been added increase the blender speed to high and blend for 2-3 minutes or until the mixture is smooth and creamy.

#### BLUEBERRY TOPPING:

Combine the sugar and cornstarch for the blueberry topping in a small saucepan. Add the water, lemon zest, lemon juice, and blueberries. Simmer on medium low heat until the blueberries begin to soften and the sauce thickens. Divide the filling into two portions and set them aside to cool.

#### ASSEMBLY:

Pour half of the cheesecake filling into the prepared crust, take half of the blueberry filling and spoon it on top of the cheesecake layer. Top the berry filling with the remaining cheesecake mixture. Without touching the crust, run a table knife through the mixture to swirl and marble the blueberry filling through the cheesecake. Smooth the top with a rubber spatula and chill covered in the freezer until firm for about six to eight hours.

#### SOUR CREAM TOPPING:

In a small mixing bowl, combine the vegan sour cream, vanilla, and powdered sugar. Transfer the mixture to a pastry bag with a star tip. Store the pastry bag in a small bowl covered and keep it chilled until ready for serving.

Remove the cheesecake from the freezer and unbuckle the ring. Spread the remaining blueberry topping over the top and pipe the sour cream topping around the edges. Garnish the top with thinly sliced lemon wedges, fresh blueberries, and an optional sprig of fresh mint. Serve it chilled and keep it refrigerated. *Serves eight to ten.*

Try switching the lemons and blueberries for oranges and cranberries for the holidays, (see the simple cranberry sauce recipe on [page XX](#)). Cheesecakes can also be made in a 9 x 13" pan and cut into squares.



## BERRY TARTS

### INGREDIENTS:

#### CRUST:

2 cups almond meal  
 1/2 cup coconut sugar  
 1/2 teaspoon ground cinnamon  
 1/3 cup vegan butter, melted  
 Pinch of pink salt

#### FILLING:

8 ounces of firm tofu  
 1 1/2 cups raw cashews  
 1/2 cup maple syrup  
 3/4 cup non-dairy vanilla milk  
 1 1/2 teaspoons vanilla extract  
 Pinch of pink salt

#### TOPPING:

2-3 cups assorted fresh berries  
 Fresh mint for garnish  
 Shredded coconut (optional)

### DIRECTIONS:

#### CRUST:

Combine the ingredients for the crust in a medium mixing bowl. Use a fork to blend it well, the mixture will be slightly dry. Press the crust into 10-12 individual cheesecake molds or ramekins. Or, create a full-size tart by pressing the crust into a 10" tart pan or spring-form pan with a removable bottom.

#### FILLING:

Combine the cashews, maple syrup, non-dairy milk, vanilla extract, and sea salt in the jar of a blender. Blend the ingredients on high-speed until smooth and creamy. Gradually add a few chunks of tofu at a time, blending until smooth and glossy between each addition.

#### ASSEMBLY:

Pour the creamed mixture over the crust, cover it and let it chill for 4-6 hours. Just before serving, arrange the fresh fruit over the filling and garnish with a sprig of mint and optional shredded coconut. Serve chilled. **Makes one 10-inch tart or 10-12 mini tarts. Serves ten to twelve.**



*Always a winner. This tart is easy to make and beautiful! Packed with protein from the nuts and tofu, a small serving will fill you up and not fill you out.*

## BASIC CHOCOLATE CHEEZECAKE

### INGREDIENTS

#### CRUST:

1½ cups nut meal (almond, hazelnut, pecan or walnut)

¼ cup cocoa powder

⅓ cup maple syrup

Pinch of pink salt

#### FILLING:

16 ounces of tofu (firmest)

1 ¼ cup cashew pieces, soaked 4 hours

1 (12 ounce) package of non-dairy dark chocolate chips

2 tablespoons cocoa powder

1¼ cups non-dairy milk

½ cup maple syrup

1 teaspoon vanilla extract

Pinch of pink salt

### DIRECTIONS

#### CRUST:

Combine all the ingredients for the crust in a medium mixing bowl. Mix well with a fork until it becomes fudge-like in texture. Spread the mixture evenly over the bottom of an 8-inch spring form pan. Use the back of a spoon dipped in water to help press the crust down evenly.

#### FILLING:

Combine the drained cashews, non-dairy milk, maple syrup, salt, vanilla, cocoa powder, and chocolate chips in the jar of blender. Blend on high speed for 2-3 minutes or until smooth. Break the tofu into chunks. Continue blending while adding the tofu a few chunks at a time and blend until it's smooth and glossy.

Pour the contents into the prepared mold and cover it with plastic wrap. Freeze it overnight. Remove it from the freezer 20 minutes before serving. Store it chilled. *Serves ten to twelve.*



*Serve it with fresh fruit. Melt dark chocolate and pipe it onto wax paper to make chocolate garnishes.*



*Switch out the soaked cashews for 1 cup of pecans or hazelnut butter. Garnish with lightly toasted nuts.*



*Add two teaspoons of mint extract for a chocolate mint cheesecake and garnish with a sprig of fresh mint.*