

*No-Bake Paleo Pumpkin Cheesecake Bars - Perfect as a seasonal treat or to make for the holidays.*

Ingredients:

Filling:

- 1 cup raw cashews (soaked for at least 30 minutes)
- 1/2 cup pumpkin puree (canned)
- 3-4 Tbsp pure maple syrup
- 1/2 cup full fat coconut milk
- 1/2 scoop vanilla collagen powder (further food) or 1/2 tsp vanilla extract
- 1 tsp pumpkin spice
- 1/2 tsp ground cinnamon

Crust:

- 1 cup medjool dates (soaked for at least 30 min)
- 1/2 cup pecans
- 1/2 cup walnuts
- 1/4 cup coconut flakes
- 1/2 tsp cinnamon
- dash of pink himalayan salt

Almond Butter Salted Caramel:

- 1/4 cup almond butter
- 2 Tbsp pure maple syrup
- 1 Tbsp coconut oil
- pinch of sea salt

Directions:

- 1) To make the crust: Add the pecans, walnuts, and coconut flakes to a food processor and process until broken down and crumbly. Add in the dates, cinnamon, and salt and process until well mixed and the mixture begins to form a ball.
- 2) Transfer to a parchment paper-lined 8x8 pan and press out evenly. Place in the freezer.
- 3) To a food processor or high powered blender, combine all filling ingredients and blend until texture is smooth. At this point, taste to see if you need to add more maple syrup for sweetness or spices for that pumpkin spice flavor.
- 4) Take the crust out of the freezer and pour the filling mixture over the crust. Spread evenly.
- 5) Place cheesecake in the freezer for up to two hours to set.
- 6) 15 minutes before serving, prepare the caramel sauce by combining all ingredients into a small bowl and heating in the microwave for 30-sec increments until fully combined or in a small saucepan on medium heat.

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- 7) Drizzle caramel sauce over the bars and sprinkle with coarse salt for a salted caramel flavor. (highly recommended!)
- 8) Serve immediately, makes 16 small bars.
- 9) For storage, place in the fridge for up to a week or in the freezer and thaw naturally for 30 minutes or 15 seconds in the microwave.

Notes:

If you are following the further food recipe, nutrition information is for 10 bars, not 16.