

Base

1 cup raw almonds (soaked) 1/2 cup dates pitted (soaked) 1/2 cup dried coconut

Blend pitted dates, then add almonds and coconut and blend until well combined.

Place base mixture into a 20x20cm line tin or moulds and push down and then pop into freezer whilst you make filling.

Filling

1 cup cashews, soaked for 1 hour
1/2 cup lemon juice
1/2 cup maple syrup
1/2 cup coconut oil
pinch of salt

Blend cashew nuts until creamy, add all other ingredients until smooth.

Assembly

Pull base out of freezer, place filling on top and freeze for a couple of hours or overnight. Top with lemon rind and serve.