



Try Coyo for Healthier Cheesecakes

Coyo Natural Coconut Dairy Free Yoghurt (attached) has recently been KLBD Certified Parev and bears the KLBD logo. It is dairy free, gluten free, sugar free and also perfect for making Dairy Free Cheesecake and other Dairy Free Deserts.

Here are 2 great recipes for you to try for Shavuot!

Coyo, Dairy free & Gluten free Cheesecake:

1 cup pecan nuts

1/2 cup pitted dates

250 gr natural COYO

1 vanilla pod (also KLBD Certified)

Juice 1 lemon

1/2 tbsp maple syrup

Pareve chocolate

6 individual glass cups

Grind up the pecans and dates in a food processor and squash into the bottom of the 6 cups

Mix by hand the Coyo, maple syrup, vanilla from the pod and lemon juice. Once mixed spoon on top of the base and grate the chocolate on top.

Leave in fridge at least 1 hr before serving.

Frozen COYO coconut yoghurt shards: (Taken from Made by Margie website)

125gr natural COYO

1 tbsp agave

150 gr blueberries, mangoes or strawberries

Zest of 1/2 a lemon

Line a small baking tray with baking paper



Mix together by hand the coyo, and agave.

Spread the mixture onto the baking paper and smooth until the thickness of a pound coin.

Scatter with the fruits and carefully break some of them and scatter pieces too. Finely grate the lemon zest over the top.

Pop into the freezer for at least 2 hrs. Once completely frozen break into to largish pieces and stack 3 pieces on top of each other. Leave 5-10 minutes before serving so not quite frozen but not melted.

For details of Coyo stockists, see www.coyo.co.uk [1].

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Links

[1] <http://www.coyo.co.uk>