

Video Transcript: Raw Spice Cheesecake

Trini Kaopuiki with Jordan Ragasa

Trini: Alright it's time for today's healthy and delicious segment with Down to Earth.

Now today we are skipping dinner and going straight for dessert. Take a look...

Christmas is in the air... we are here at the community room at Down to Earth on King St.

I am with Jordan Ragasa and I am really excited about what we are making today.

Tell everybody what we are making...

Jordan: We are making a raw spiced cheesecake... really easy.

Trini: Ok... I heard Wah wah wah wah... Cheesecake.

So... I'm very excited to make dessert.

Jordan: Alright... so we're going to get started. We're going to make our crust.

So into our food processor we're going to add some pecans.

We're also going to add some pitted medjool dates.

And these are kind of going to give stickiness to our crust.

And then Trini... if you can add that last ingredient there... that's some cacao powder which is ground cacao.

Its chocolate...

So we're just going to cover it up and give it a quick pulse.

[Grinding Sound]

Trini: And I'm sure people at home are saying how much of those ingredients did he put in there...

But we are going to have the recipe on our website.

Jordan: That's right...

Alright... so now we are just going to put this into our spring form pan.

Ok

Just dump it all in here...

And then Trini... if you could just go ahead and press it and mold it into that pan that would be great.

And on the side here we have some soaked cashews... just soaked in some water to let it plump up.

And it will kind of give it that some creamy cheesecake texture that we are going to use this for the filling.

Trini: Oh... wow.

Jordan: Yeah... so really creative.

And this is what it looks like when it's all soaked and plumped up.

So... how does the crust feel?

Trini: I've never made crust before... so it feels good.

Jordan: Very crumbly... the medjool dates kind of make it stick together more...

So... and give it kind of a sweetness as well.

Trini: I have lived a sheltered life, Jordan. I have never made a pie crust.

Jordan: Well at least there is a first for everything...

And this is a really easy recipe to try and replicate at home...

At home... at our website DowntoEarth.org we have many raw recipes.

So you can go ahead and visit that... this is just one of them.

Trini: So this is a raw, gluten-free Cheesecake?

Jordan: Yes... this is a raw vegan cheesecake. Yes.

Trini: Great... how did I do?

Jordan: You did perfectly...

So now that is going to set...

And we are going to go ahead and move to Mama T's segment

Where we are going to make the filling out of these soaked cashews. So... stay tuned.

Trini: Yeah... thank you so much.

Jordan: Thank you Trini...

I thought your crust technique was quite good actually...

[Laughter]

Trini: So easy... I've never made my own crust before.

Sometimes you know... you're tempted to just buy the ready-made crust.

And now... you can make it yourself.

Well... I like how he said too with the dates ... kind of makes it a little sticky so it comes together like that...

Yeah

Trini: So... in our next segment, we'll add everything together.

Mmm, hmm. Sounds good.

Trini: Ok... it's time to head back to Down to Earth.

Today we are making a healthy and delicious dessert.

Oooh

Perfect for that holiday party...

We are back here at Down to Earth's community room...and we are with Mama T.
Hello hello...

Mama T: Hi Trini...

So you are picking up where Jordan left off...

We're making that raw vegan cheesecake.

You're going to want to bring this to one of your Christmas parties you are going to.

And we are going to start with those cashews that Jordan already soaked and rinsed.

Trini: And remind me... he soaked it in?

Mama T: Just filtered water... give them a good rinse afterwards.

We are going to put in 3/4 cup of coconut oil.

That's going to be our binder... it's going to help our raw vegan Cheesecake hold together.

We are also putting lemon juice...

And about 2 lemons...

We're putting pumpkin spice seasoning...

This is going to give it that pumpkin spice... like a pumpkin pie flavor.

And then... we're going to put some Agave in here...

And we are going to put some vanilla extract...

And we are going to put... we just want about a teaspoon of vanilla extract.

And a tablespoon of the raw rum.

Of the rum... whatever you call this extract.

Trini: Extract. Yeah...

Mama T: And you are going to use this... because you are going to work on our topping.

So I want you to put this... squeeze a lemon...and put just a dash of the raw rum extract...

Trini: All in here?

Yeah... and stir it.

So... we are going to get you un-cooking today...

So we are not cooking... we are doing raw recipe.

Let's see if I can do that any better than cooking...

You can do it...

So we are going to blend this up...

[Blending Noise]

This needs to be creamy and smoothy

Oh wow... nice muscles.

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[Laughter]

Trini: I'm putting my back into it...

Mama T: Yeah... you are doing a good job!

For the sake of time... we are going to pretend that this is blended until it's nice and creamy.

No chunks in here...

Make sure you get the edges around the sides...

And we are going to put it all in the spring form pan...

But we have one ready...

Trini: How much of this?

Mama T: Just put a few little dashes... about a half a teaspoon. That's perfect!

Mix it all up... put this on top Trini.

Trini: Oh my goodness...

Mama T: This is so delicious!

Go ahead... pour it on top.

We can get this...

And you're going to get to taste it Trini.

Let me get you a fork...

We have so many recipes online at DowntoEarth.org.

And especially for the holidays...

And you can find this cheesecake there...

Ok... are you ready? It's going to be a mess on our counter... but

Trini: You know what's so great is the holidays is a time when there is usually so much junk food going around.

But this is something that you don't have to feel guilty about eating.

Mama T: No you don't... everything is good here. This is good healthy fats for you.

This is like...

Trini: Sorry it's going to be messy.

Mama T: That's ok...you can get it.

You are going to be loving this cheesecake Trini.

I'm excited for her bite.

Trini: Mmm... Ohhh..wow.

Mama T: So... Merry Christmas from Down to Earth.

Thank you for joining us...

Is it... do you love it?

Trini: I love it...

[Laughter]

Trini: I'm taking it all in because you did not have a lot of ingredients...

I mean... it was actually very manageable.

Mama T: No... very few ingredients... and everybody is going to think its real cheesecake.

But there is no cheese in it... it's not a cake.

And its raw...

Trini: Delicious... thank you!

Mama T: You're very welcome... Happy Holidays!

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/recipes/desserts/raw-spice-cheesecake> .