



Simply Delish™



DELICIOUS GUILT-FREE
DESSERTS WITH

CHEF
Mareya



No-Bake Salted Caramel cheesecake bites with magic chocolate shell

SUGAR FREE, KETO FRIENDLY & VEGAN

PREPPING

0

MINUTES

SETTING TIME

30

MINUTES

SERVINGS

12

RECIPE BY



@chefmareya

CLICK HANDLE
TO VIEW PROFILE

QUICK
& EASY!

INGREDIENTS:

Crust:

- 8 pitted Medjool dates, chopped
- 1 cup shelled walnuts
- 1 tablespoon coconut oil

Filling:

- 11 package Simply Delish salted caramel pudding
- 2 cups plain Greek yogurt (use plant based as option)
- 1/2 cup non-dairy cream cheese

Topping:

- 1/2 cup 70% dark chocolate chips
- 1 tablespoon coconut oil
- Sea salt flake

INSTRUCTIONS:

1. In a food processor, process walnuts, dates and coconut oil for one minute or until mixture starts to pull from sides of processor. Line a mini muffin pan with paper or silicone liners and press 1 teaspoon mixture into each cup.
2. In a bowl, whip together filling ingredients until smooth. Spoon 1 tablespoon mixture into each cup and pat down.
3. Melt chocolate chips with coconut oil for 60 seconds in microwave. Pour over each cheesecake top and finish with sea salt flake. Freeze for 30 minutes until firm enjoy!

ENJOY!



Simply
Delish™

FOR MORE DELISH RECIPES

www.simplydelish.net

Salted Caramel Cheesecake parfait with chocolate + banana 'Frip'

SUGAR FREE, KETO FRIENDLY & VEGAN

PREPPING

0

MINUTES

SETTING TIME

0

HOURS

SERVINGS

2

RECIPE BY



@chefmareya

CLICK HANDLE TO VIEW PROFILE

QUICK & EASY!

INGREDIENTS:

Crust:

- 8 pitted Medjool dates, chopped
- 1 teaspoon instant coffee or espresso
- 1 cup shelled walnuts
- 1 tablespoon coconut oil

Filling:

- 1 package Simply Delish salted caramel pudding
- 2 cups plain Greek yogurt (use plant based as option)
- 1/2 cup non-dairy cream cheese
- The 'Frip' is a frosting made with Simply Delish chocolate frosting and a banana - hence the hybrid frosting and whip.
- 1 package Simply Delish chocolate frosting
- 1/2 cup milk of choice
- 1 whole, very ripe banana

Optional: unsweetened shredded coconut

INSTRUCTIONS:

1. Layer into a Mason jar, starting with 1 tablespoon crust, 1/2 cup 'cheesecake' filling and finish with 'Frip' - a frosting whip made by whipping together 1 soft, ripe banana, 1 packet chocolate frosting and 1/2 cup your choice of milk. Top with optional sprinkle of unsweetened shredded coconut.

ENJOY!



Simply Delish™

FOR MORE DELISH RECIPES

www.simplydelish.net