

Blueberry Vegan Cheesecake Tarts

Looking for a sweet treat without the sugar rush? Relax and recover with these easy and delicious, no-bake tarts!

This snack will help you unwind with the added relaxing benefits of **CanPrev's Magnesium Bis-Glycinate Natural Drink Mix, Juicy Blueberry** flavour. Each tart contains 60mg of gentle magnesium that blends in so smoothly you won't even notice it's been added.



Preparation time: 55 mins | Servings: 12



Ingredients

Tart Filling

- 1 cup wild frozen blueberries
- 2 cups coconut yogurt
- 1 scoop of your favourite vanilla protein powder
- 3 scoops Magnesium Drink Mix, Juicy Blueberry powder

Tart Crust

- 1 ½ cups gluten-free granola
- 1 cup sliced almonds
- ½ cup coconut oil (melted)

Garnish

- ½ cup unsweetened shredded coconut
- ¾ cup wild frozen blueberries

Method

1. Add coconut yogurt, blueberries, protein powder and magnesium to a blender. Blend until creamy. Set aside.
2. Line muffin baking tray with baking cups.
3. Warm coconut oil until soft or melted, and layer in baking cups with granola and sliced almonds.
4. Pour blueberry yogurt mixture into each cup and garnish with shredded coconut and wild blueberries.
5. Freeze for at least 45 minutes.
6. Let it sit at room temperature for 5-10 minutes before eating. Enjoy!

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Developed by: Marilia Pereira



As a Holistic Nutritionist, Clinical Iridologist, and Culinary Nutrition Expert, Marilia helps clients achieve optimal health through meal plans, nutritional consultations, workshops, and seminars.

