

# Christmas Semifreddo

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/best-christmas-semifreddo-recipe>

## Ingredients:

- 2 cups raw cashews preferably soaked in water for 2 hours, but not a necessity
- 1/3 cup coconut oil melted
- 1/2 lemon
- 1/2 cup yoghurt natural, or coconut yoghurt if dairy free
- 1/2 cup almond milk
- 1 tablespoon pure maple syrup
- 1/3 cup malt syrup rice
- 1 teaspoon vanilla bean paste or scrapings of 1 vanilla bean.
- 2 cups cherries
- 1 block dark chocolate your choice.
- 1 block chocolate dark mint
- 1 cup mixed berries can be frozen

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 5 milligrams
4. Fat: 51 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 22 grams
8. Sodium: 40 milligrams
9. Sugar: 42 grams

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