



# Recipes

## Beverages

### **Karen's Homemade Cashew Cream**

*Prep Time: 5 minutes*

#### **Ingredients:**

- 2 cups filtered water
- 1 cup raw cashews
- 3 pitted dates
- 1 vanilla bean

#### **Directions:**

1. Place cashews, water and dates in a high-power blender or Vitamix
2. Blend about 2 minutes until smooth
3. Infuse with a vanilla bean and store in a glass jar for up to 5 days
4. Enjoy!!

#### **Notes:**

Enjoy this sweet cashew cream to mix in your lattes, as the liquid base in your smoothie, frozen dessert, with fruit, or dollop on carrot ginger soup.