

Cashew Cream

Yield: 4 servings

Ingredients

½ cup cashews; raw
water; boiling
½ cup water; room temperature

Instructions

1. Put the cashews in a bowl and cover by 2 inches with the boiling water. Let stand and soak for 30 minutes. Drain.
2. Transfer cashews to blender with a ½ cup of water. Blend on high until super smooth and creamy. Set aside.

Nutrition Information

Serving Size: ¼ cup

Calories: 157
Total Fat: 12.4 g
Saturated Fat: 2.2 g
Monounsaturated Fat: 6.7 g
Sodium: 4.3 mg
Total Carbohydrate: 8.6 g
Dietary Fiber: 0.9 g
Sugars: 1.7 g
Protein: 5.2 g

Source: Oh She Glows Every Day. Angela Liddon

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