

Recipe Card



Vanilla Cashew Cream

Recipe adapted from Feeding the Whole Family by Cynthia Lair

Yield: 4 servings

Ingredients:

½ cup raw, unsalted cashews
3 Tablespoons maple syrup
2 teaspoons vanilla extract
Water

Directions:

1. Grind nuts to a fine meal in a small grinder (or powerful blender).
2. Put ground cashews, maple syrup, and vanilla in blender.
3. With blender running, add water a little at a time until reaches a thick, creamy texture.
4. Use vanilla cream to top cooked fruits, cakes, or other desserts.

Nutrition Info Per Serving: 1 Tablespoon

Calories: 49; Total Fat: 4 g (1 g saturated, 2 g monounsaturated); Carbohydrates: 3 g; Protein: 2 g, Fiber: 0.31 g; Sodium: 3 mg

Storage: Store in an airtight container in the fridge for up to 5 days