



## HOMEMADE CASHEW CREAM

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2 cups

### INGREDIENTS:

- 1 cup/150 g cashews (raw)
- 1 cup/240 g water

### METHOD:

#### SOAKING METHOD

1. Soak a cup of cashews for about 10 minutes before using.
2. Drain the soaking water and add a cup of new clean water.
3. Blend cashews and water in a powerful blender until smooth.

#### SIMPLE METHOD WITHOUT SOAKING

1. Place cashews in a blender with water and blend straight.
2. Let the blender and cashew cream stand for about 5 minutes to soften the cashew pieces and then blend again to make the cream really smooth.

### TIPS:

- If you want a **thicker cream**, add only ½ cup of water.
- To make a CASHEW "SOUR CREAM", add a pinch of salt, 1 tsp lemon juice and 1 tsp coconut syrup before blending