



Cashew Milk

PREP TIME: 2 MIN

COOKING TIME: 4 MIN

YIELDS: ABOUT 4 SERVINGS

Ingredients

4 cups water

1 cup raw cashews

3 pitted dates (optional)

A pinch of sea salt

Directions

1. Add all the ingredients into a high-speed blender and blend until completely smooth (1-2 minutes). If you do not have a high speed blender, soak the cashews in room-temperature water overnight or for 15 minutes in hot water. Drain cashews and rinse.
2. If needed, strain using a nut milk bag or fine mesh strainer.
3. Pour the cashew milk into a glass bottle and refrigerate. Shake well before use. Use within 3 days.

Notes

- The cashews must be raw as roasted cashews will give a different flavor.
- For a thinner consistency, add more water. For a thicker consistency, add more cashews.

