



Cashew Cream

Soak 1 cup of cashews in water overnight. The following morning, drain the cashews and blend ½ cup of fresh water. You will need to scrape down the sides of the blender a few times. It will take between 2 and 4 minutes to get the smooth creamy consistency. You may need to add a little bit more water during the process. Add a tablespoon at a time until you are happy with the consistency. You can also add in any of the following during the blending process:

For a **sweet cream**:

1 tsp vanilla essence, or a dash of vanilla bean powder

1 tbsp of maple syrup

A dash of cinnamon

(This is lovely over a fruit salad or bowl of berries as a sweet snack)

For a **savoury cream** (add to taste):

Lemon juice

Garlic Powder

Onion Powder

Salt

(This can be added to soups or curries to make them creamier, or over a Mexican style Buddha bowl as a mock sour cream)