



Homemade Cashew Milk

4 servings

10 minutes

Ingredients

150 grams Cashews (soaked, drained and rinsed)
1 liter Water
20 grams Pitted Dates
750 milligrams Sea Salt (optional)

Directions

- 1 Add the cashews to a blender with water, dates and optional sea salt.
- 2 Blend on high until smooth and creamy, about 3 to 4 minutes. Pour into a bottle and enjoy!

Notes

Unsweetened: Omit the dates.

Add More Flavour: Vanilla, raw cacao, cinnamon or any other of your favorite flavors.

Leftovers: Keeps well in the fridge for up to 5 to 6 days. Shake well before using.

Soaking Nuts: We recommend soaking the cashews for four hours, or overnight.

Use it With: Cereal, coffee, tea, or alone as a beverage.

Serving Size: One serving is equal to approximately one cup of cashew milk.