

Cashew Cream

4 SERVINGS 10 MINUTES



INGREDIENTS

1 3/4 cups Cashews (preferably soaked for 4 hours and drained)

1 cup Water

1/2 tsp Vanilla Extract

1/8 tsp Sea Salt

2 tbsps Yacon Syrup

1/4 Lemon (juiced)

DIRECTIONS

- 01 Add cashews, water, vanilla, salt and yacon syrup into a blender. Blend until smooth.
- 02 Use on top of savory or protein pancakes. Or... Pour into small bowls and top with sliced fruit and coconut, or your choice of toppings. Squeeze lemon juice overtop.

NOTES

EXTRA TOPPINGS

Top your cashew cream with any other fruit, nuts, seeds, granola, nut butter or sprinkle with cocoa powder.