

# Homemade Cashew Milk

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Cashews (soaked, drained and rinsed)  
4 cups Water  
2 tbsps Pitted Dates  
1/8 tsp Sea Salt (optional)

## DIRECTIONS

- 01 Add the cashews to a blender with water, dates and optional sea salt.
- 02 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 FLAVOR

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, granola, coffee, tea, oats or alone as a beverage.

### SERVING SIZE

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

