



Cashew Creamer
By

Gather these ingredients:

- 1 ½ cups raw cashews, soaked for 4 hours, then drained
- 2 cups filtered water
- 1 pitted date
- 1 tsp. cinnamon
- ½ tsp. cardamom
- ¼ tsp. coriander
- 1 tsp. vanilla extract

Put it all together:

Put all the ingredients into a high-speed blender and blend on high until well combined. If you want a thicker consistency, reduce water by ½ cup or to make it more of a milk-like consistency, add ½ cup water or more to your preference.

Keeps for one week in the fridge in a sealed container (using a mason jar is a good option).

“the greatest wealth is health”

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