

Cashew Vanilla Cream

Swick

Makes 2 cups | Active Time: 5 minutes | Total Time: 2 hours

Chef's Notes

Cashew cream will keep for about a week in the refrigerator. It can also be frozen for a few months.

Making the Cashew Cream

Place the cashews, liquid, sweetener, vanilla and salt in a high speed blender. Process on high until very smooth, scraping down the sides of the blender jar from time to time.

Depending on the strength of your blender, the smoothness will vary.

*Note: Use sweetener or paste of choice.

*Also note: Using whole minced vanilla bean will only result in a smooth consistency when using a high speed blender. If you are not using a high speed blender, be sure to use vanilla extract rather than minced bean.

Step 1: Making the Cashew Cream

- 2 cups raw cashews, soaked for 3-4 hours to soften
- 3/4 cup water, coconut water or unsweetened non-dairy milk of choice
- 1/4 cup liquid sweetener or apricot paste*
- 1/2 vanilla bean fine minced or 2 tsp extract
- pinch of sea salt