

Cashew Milk

Rich, creamy, dairy-free, easy to make and no straining!

Makes 4 cups

1 cup cashews, soaked overnight*
4 cups filtered water

- Rinse cashews.
- Add to blender with water.
- Blend for 3 minutes until smooth.
- Store in a glass container in the refrigerator for up to 5 days.

*If you don't have time to soak cashews overnight, soak in very hot water for 15 minutes.