

Simple Cashew Cream

Swick

Makes 1 cups | Active Time: 10 minutes | Total Time: 3 hours

Step 1: Making the Cashew Cream

- 1 cup cashews, soaked, drained and rinsed
- 1/4 to 1 cup water

To make the cashew cream, place the cashews and water into a high-speed blender. Blend until smooth. Refrigerate until ready to use. The cashew cream will keep for a few days in the refrigerator. Alternatively, it can be frozen for several months.

Note: The amount of water will depend on how and what you are using the cashew cream for. For a thicker, cashew cream, use about 1/4 to 1/2 cup of water and for a thicker, more pourable cream, add more water.

Chef's Notes

Soak the cashews for at least 6 hours. For a fermented cashew cream, allow the cashews to soak at room temperature for an additional 24 to 48 hours, changing the water from time-to-time. Alternatively, the probiotics can be added to help the fermentation process.