

Maple Vanilla Frosting

Swick

Makes 2 cups | Active Time: 1 hour | Total Time: 2 hours

Chef's Notes

To mix up the color, add fruit or vegetable powder, or a splash of concentrated juice. If you're using extracts or juices with strong flavor profiles, such as herbs or beets, stick to small amounts.

Step 1: Preparing the Frosting

- 1 cup raw cashews, soaked in water for 3 to 4 hours to soften and drained
 - 1/2 cup coconut butter
 - 1/2 cup maple syrup
 - 1 vanilla bean scraped, or minced if using high speed blender
 - 1/4 tsp sea salt
 - 1/4 cup water, as needed
- To prepare the frosting, in a high-speed blender or food processor, blend all of the ingredients, except water, until smooth. Adjust the consistency with water, as desired.
- If using a food processor, you will likely need to stop and scrape down the sides to ensure a nice smooth frosting. — scraping down the sides of the food processor, as needed to achieve a really smooth frosting.
- Use this frosting to frost cupcakes, cakes and a variety of other desserts, such as this Raw Carrot Spice Cake.