

# Cashew Cream

**Yield:** 4 servings

## Ingredients

½ cup cashews; raw  
water; boiling  
½ cup water; room temperature

## Instructions

1. Put the cashews in a bowl and cover by 2 inches with the boiling water. Let stand and soak for 30 minutes. Drain.
2. Transfer cashews to blender with a ½ cup of water. Blend on high until super smooth and creamy. Set aside.

## Nutrition Information

**Serving Size:** ¼ cup

Calories: 157  
Total Fat: 12.4 g  
Saturated Fat: 2.2 g  
Monounsaturated Fat: 6.7 g  
Sodium: 4.3 mg  
Total Carbohydrate: 8.6 g  
Dietary Fiber: 0.9 g  
Sugars: 1.7 g  
Protein: 5.2 g

Source: Oh She Glows Every Day. Angela Liddon

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