



Recipes

Sauces and Dressings

Cashew Cream: Sweet or Sour

Prep Time: 5 minutes

Soaking Time: 2 hours

Cook Time: none

Yield: 10 servings

Ingredients:

Sweet:

1 cup raw cashews

¼ cup rice or soy milk

½ teaspoons vanilla extract

2 tablespoons maple syrup

Dash of cinnamon and nutmeg

Sour:

1 cup raw cashews

juice of 1 lemon

1-2 teaspoons apple cider vinegar

A pinch of sea salt

Directions:

1. Soak cashews in water for 2 hours.
2. Drain and add to a blender or food processor with all other ingredients.
3. Blend until well combined.
4. Taste and adjust as necessary.

Notes:

- Use the sweet cream on top of puddings or mashed yams.
- Use the sour cream in the place of regular sour cream.