

Cashew Cream

Ingredients:

- 1 cup cashews, soaked 2 hours
- 1/4 cup raw honey
- 1 teaspoon vanilla extract, or seeds of 1 vanilla bean



Directions:

Place all ingredients in a Vita-Mix or high speed blender and process until smooth.

Chill for at least 2 hours before serving. Stored in a sealed container in the refrigerator, Cashew Cream will keep for five days.