

# Cashew Cream

Serves: 8, 2 Tablespoon servings

Source: James Care for Life

**Items Needed:** Blender, knife, cutting board, measuring spoons, measuring cups, bowl

## **Ingredients:**

1 cup raw cashews (soaked in water the night prior)

¼ cup cold water

1 Tablespoon maple syrup

1 teaspoon lemon zest

¼ teaspoon vanilla extract

Pinch of fine salt

2 cup of cut fresh fruit, apples are a good choice

## **Directions:**

1. Add all ingredients except fresh fruit to blender and process until smooth
2. Serve with apples or fruit of choice.

## **Nutrition Information for cashew cream:**

Calories: 109 Fat: 8 g Carbs: 5.5 g Protein: 2.5 g Fiber: 1 g **Sodium:** 35 mg

