

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Raw Cashew Cream Base

Cashew cream makes a fantastic base for a huge number of delicious recipes, is a cinch to make, and can even be frozen for later use.

### Ingredients for Savory Cashew Cream:

- 1 c raw cashews
- ½ c water
- Juice of 1 lemon
- Splash of Apple Cider Vinegar
- ½ tsp sea salt

### Ingredients for Sweet Cashew Cream:

- 1 c raw cashews
- ½ c water
- 4 tbsp raw agave nectar or maple syrup (or a couple of pitted Medjool dates)
- ½ tsp pure vanilla extract
- Dash sea salt

### Directions:

- Soak cashews in a bowl of water in the fridge overnight, then drain and rinse.
- Place all ingredients in a blender and blend at high speed until smooth and creamy.

### Savory-Ways to Enjoy:

- Add sun dried tomatoes or pesto to the savory mix and use it as a spread on wraps or crackers.
- Use it as a base for creamy soups like cashew cream of mushroom soup.
- Enjoy it as a sour cream or nacho cheese alternative.
- Add a little oil or vinegar to make a creamy salad dressing. Or try whizzing up a large avocado; 2 tbsp lime juice and ¼ tsp ground cayenne pepper with the savory cream and using it as a dressing on a baby potato salad.

### Sweet-Ways to Enjoy:

- Blend it into smoothies, like mint chocolate chip smoothie.
- Use it to make cholesterol free ice cream.
- Stir it through a small bowl of frozen berries for an instant summer treat.