

Creamy Vanilla Cashew Milk

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup raw cashews soaked for 4 hours in water, discard water after soaking
- 4 cups filtered water
- 1 tsp vanilla bean powder
- 2 medjool dates pitted
- Optional: Pinch of pink rock salt

Instructions:

1. Place all ingredients into a blender and give it a whirl till fully blended. Using a nut bag or wire mesh strainer, run the milk through to get any solid bits out. Give it a taste test. You may wish to add a dollop of maple syrup or coconut nectar to sweeten it up.
2. I personally love it just with vanilla bean powder and dates.

Notes:

Feel free to add one or all of the following to customize your perfect cashew milk flavour: 1 tsp cinnamon 1 tbsp coconut butter 1 tbsp raw cacao powder (or more if you want to create a chocolate milk)