



Vanilla Cashew Cream



<http://coconutandberries.com/2013/09/29/caramel-apple-upside-down-cake-vanilla-cashew-cream/>

regular-size blender in order to get the cream completely smooth.

Ingredients:

- 1/2C Cashews
- 1-2 Soft pitted dates (or 1/2T Agave, Maple or other Sweetener)
- 1/2C Almond milk
- 1t Vanilla bean paste OR 1/2 Vanilla bean, seeds scraped out

Makes: approx 1 C

Method:

Soak cashews and dates in separate bowls in water for at least 1 hour. Drain and rinse cashews and drain dates.

Blend together all ingredients until completely smooth. I used a Tribest personal blender, you may need to double the ingredients if using a

Recipe from coconutandberries.com