

Homemade Cashew Milk

4 ingredients · 10 minutes · 4 servings



Directions

1. Add the cashews to a blender with water, dates and optional sea salt.
2. Blend on high until smooth and creamy, about 3 to 4 minutes. Pour into a bottle and enjoy!

Notes

Unsweetened

Omit the dates.

Add More Flavor

Vanilla, raw cacao, cinnamon or any other of your favorite flavors.

Leftovers

Keeps well in the fridge for up to 5 to 6 days. Shake well before using.

Soaking Nuts

We recommend soaking the cashews for four hours, or overnight.

Use it With

Cereal, granola, coffee, tea, oats or alone as a beverage.

Serving Size

One serving is equal to approximately one cup of cashew milk.

Ingredients

1 cup Cashews (soaked, drained and rinsed)

4 cups Water

2 tbsps Pitted Dates

1/8 tsp Sea Salt (optional)