



Cashew Cream – Very Versatile--- yield 3 1/2 cups

Cashew cream can be made savory or sweet and used anywhere that a cream sauce is added.

You will be amazed.

Start with 2 cups raw cashews.

Pour 2 cups water over the cashews.

Soak overnight or for 3-8 hours.

Strain.

Place in a food processor, Nutri Bullet or the like. Add enough fresh water for the processing to begin. The amount of fluid you add is dependent on the thickness you need in the end and the power of your blender. If you want this more solid, add less. If you want this more creamy (pours off a spoon), add more fluid.

Variations.....

Savory

- **1/2 tsp. salt**
- **1/4-1/2 tsp. pepper**
- **2 tsp. Basil**
- **1 tsp. Parsley**
- **1-2 cloves garlic**
- **1/8 tsp. nutmeg**

Sweet

- **3 Tb. Honey or Pure Maple Syrup**
- **1/2 tsp. Vanilla extract**

*Abramson Cancer Center
at Pennsylvania Hospital
Joan Karnell Supportive Care Program*