



# Vanilla Cashew Milk

Have you ever read the ingredients on a milk bottle or carton? There are lots of unnecessary ingredients. I love making my own milk at home. I am not a milk drinker but I love to add my homemade nut milk to my baking goods, chia pudding, porridge, and smoothies.

## Ingredients

Soak the following for a minimum of 30 minutes:

1 Cup **raw, unsalted** cashews with 1 Cup water

4 Dates pitted with 1 Cup water

## Directions

Rinse the cashew thoroughly.

Blend the rinsed cashew, dates in its' water, along with 2 Cups water, also add 1 tsp vanilla extract.

Note: When making nut milk you want to use raw (not roasted) and unsalted nuts. There are no additives in it. It will settle so just shake and pour.

Use within 3-5 days.

I use organic products!