

# Cashew Cream, 2 ways

## Prep Time

5 minutes

## Prep Notes

Soaking Time: 2 hours

## Cooking Time

10 minutes

## Yields

10 servings

## Ingredients

### Sweet:

1 cup raw cashews  
1/4 cup rice or soy milk  
1/2 tsps vanilla extract  
2 tsps maple syrup  
Dash of cinnamon and nutmeg

### Sour:

1 cup raw cashews  
Juice of 1/2 lemon  
1-2 tsps apple cider vinegar  
A pinch of sea salt  
1/2 cup unsweetened nondairy milk or water

## Directions

1. Soak cashews in water for 2 hours.
2. Drain and add to a blender or food processor with all other ingredients.
3. Blend until well combined.
4. Taste and adjust as necessary.

## Notes

- Use the sweet cream on top of puddings or mashed yams.
- Use the sour cream in the place of regular sour cream.