

Coconut Cashew  
Whip Cream

# Recipe

Prep Time: *5 minutes*

Total Time: *Inactive overnight*

Yield: *makes 2 cups*

## INGREDIENTS

*1 cup raw unsalted cashews*

*water to cover*

*¼ cup fresh filtered water*

*2 tsp vanilla extract*

*3 tbsp maple syrup*

*cream from one can of full fat milk*

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## INSTRUCTIONS

Place coconut milk in the fridge; do not shake.

Cover the cashews with enough water to submerge, cover & place in the fridge overnight

Drain & rinse the cashews, place them in the blender along with  $\frac{1}{4}$  cup fresh filtered water

Blend on high for 2-3 minutes

Using a nut mylk bag, press out all of the cashew cream into a clean bowl

Mix in the vanilla & maple syrup & set aside.

Scoop out the cream from the top of the coconut milk leaving behind the water.

In mixer fitted with the whisk attachment, whip the coconut cream on high till it is the consistency of whipped cream.

Fold into the cashew cream, keep in the fridge til ready to serve.