

CINNAMON TOAST CASHEW MYLK



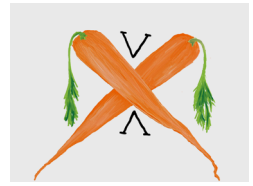
SERVINGS: ~7

PREP TIME: 2 HRS OR OVERNIGHT

ASSEMBLY TIME: 5 MINUTES

TOTAL TIME: 2 HRS + 5 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

#VEGAN #GLUTENFREE #SOYFREE

INGREDIENTS

1 cup raw cashews, soaked for 2 hours or overnight*

3 1/2 cups filtered water

2 medjool dates, soaked in warm water for 10 minutes, pitted

2 tsp ground cinnamon

1-2 tsp vanilla extract or scraped vanilla bean

METHOD

Place raw cashews in a bowl and cover with filtered water. Soak, covered, in the refrigerator for 2 hours or overnight.

Add dates to a small bowl of water. Soak for 10 minutes, then remove pits. Drain and rinse soaked cashews. Place in a high speed blender with remaining ingredients.

Blend all ingredients for 1-2 minutes until very smooth, creamy, and frothy! Pour into a large jar or pitcher and refrigerate for 1-2 hours before enjoying.

No need to strain as the cashews will blend smoothly without excess 'pulp'!

This mylk is best within 3-4 days after making!

NOTES:

*You can use whole cashews or cashew pieces, just make sure they are RAW, not roasted.

NUTRITION:

Serving Size: ~1/2 cup Total Calories: 119 Total Fat: 7 g

Sodium: 33 mg Potassium: 118 mg Total Carbohydrate: 10 g

Fiber: 1 g Sugar: 5 g Protein: 3 g

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