

# Herbal Legacy Recipes

## Cashew Mignardises

Mignardises are cute little bite-sized desserts that are typically served in high-end restaurants. With this recipe, you don't need a big wallet to enjoy the best mignardises around.

Feel free to play around and substitute with similar ingredients; for example, if you don't have easy access to cashews or cashew butter, try using pecans or almond butter instead.

### Ingredients:

- 1 cup raw cashew butter (or the equivalent in freshly ground raw cashews)
- 1/2 cup maple syrup or raw honey
- 3/4 cup raw cocoa powder
- Seeds from 1 vanilla bean
- Pinch of sea salt (optional)
- Any coatings that you enjoy, like shredded coconut, sesame seeds, chocolate nibs, or more chocolate powder



### Directions:

1. Combine all ingredients in a food processor and blend until smooth.
2. Pour mixture into a bowl, cover, and refrigerate for 4 hours.
3. Use your hands or a melon baller to make small balls out of mixture.
4. Roll balls in shredded coconut, sesame seeds, or any other coating that you enjoy - anything goes, so don't hesitate to bring out chopped dried fruit or your favorite spices.



Enjoy these healthy mignardises - talk about a healthy alternative to conventional desserts!

Posted by Dr. Ben Kim, this recipe was adapted from a similar version found in: [Great Chefs Cook Vegan](http://www.greatchefscookvegan.com)

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