

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Raw Cashew Cream

4 cups raw, organic cashews

4-6 Tbsp raw, organic agave (depending how sweet you want the cream)

1 1/2 tsp. vanilla essence

1 1/2-3 cups water (depending how thick/thin you want the cream)

Toss all ingredients into a blender and blend until creamy. Eat with your favorite fruits such as strawberries, blueberries, mangos, and peaches. It's great for snacks and desserts, and any company that may come by is sure to love it!

This recipe is taken from Green Smoothie Girls, Readers' Favorite Healthy Recipes Volume 1 by Robyn Openshaw.

