

Chocolate Cashew Cream

ingredients

2 C unsalted, unroasted cashews, soaked for two hours in water

1 can full-fat coconut milk (use a natural kind)

1/2 C cocoa powder

1/4 C maple syrup (can add more if you like it sweeter)

1/4 tsp. cinnamon

pinch of salt

directions

Blend first two ingredients together until smooth. Add cocoa powder, maple syrup, cinnamon, and salt, blend again.

Chill for a few hours (if you can wait to eat it) and serve.



a gentler and *happier* approach to health