

Herbal Legacy Recipes

Cashew Whipped Cream

contributed by Traci from Thayne, WY

Ingredients:

- *1/2 c raw cashews or cashew pieces
- *1/2 c distilled water
- *1/2 to 3/4 c safflower oil
- *2 T 100% pure maple syrup
- *1/2 t pure vanilla
- *Pinch of sea salt (optional)

Directions:

Blend cashews in water to form a thick cream. Slowly add the oil in a fine stream until cream thickens, blend in maple syrup, vanilla and salt. Chill and serve. (Cream will thicken substantially when chilled.)

Note:

This is very rich and very good. Recipe can be doubled.