



cara price

CHAI CASHEW MILK

INGREDIENTS

- 3 cups purified water
- 1 cup raw cashews
- 6 large medjool dates, pitted
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/2 teaspoon each: ginger & nutmeg
- 1/4 teaspoon each: salt, cardamon & ground cloves

DIRECTIONS

place the cashews, water & dates in a blender & soak 1 hour.

add in vanilla & all dried spices.

blend on high for 60 seconds, checking to make sure dates & cashews have been blended smoothly.

continue in 10 second intervals as necessary to get everything smooth.

store in fridge for up to 7 days in a glass jar.