

Food Babe's Homemade Organic Cashew Milk



Prep Time:	Cook Time:	Total Time:	Serves:
6 hrs	0 mins	6 hrs	8

<https://foodbabe.com/what-are-the-healthiest-non-dairy-milks-to-drink>

Ingredients:

- 1 cup raw cashews
- 6 cups filtered water
- 2 dates, pitted
- 1 teaspoon pure vanilla extract

Instructions:

1. Soak the cashews overnight (at least 6 hours) in 2 cups of water.
2. Rinse and drain the soaked cashews.
3. Place the cashews, 4 cups of water, and optional ingredients, if using, in a blender and blend on high for about 1 minute.
4. Pour the milk into an airtight container and store refrigerated for up to 4 days.

Notes:

- Please use organic ingredients if possible