

Cashew Milk

Marilyn Oliver

BLEND ON HIGH for 4 minutes:

- 1½ cups raw cashews soaked overnight
- 5 cups water
- Pinch of stevia
- ½ tsp Guar or xanthan gum
- ½ tsp coconut flavor (optional)

Pour above mixture into pitcher

- Add ice and 5 cups water to blender, then blend on high till ice is like a frappe

Mix together in pitcher and enjoy!