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Cashew Coconut Mylk



Ingredients

20g raw cashews soaked overnight
200 ml still water
50ml coconut milk
1 tablespoon toasted coconut flakes
1 tablespoon agave syrup or honey
1 pinch sea salt

Preparation

1. Discard the water the cashews have been soaking in and rinse thoroughly until water runs clear.
2. Place the cashews , still water, coconut milk, honey and salt into a blender.
3. Process on high speed for 20-30 seconds.

Cooks Note