



OUR CULTURED CASHEW BUTTER

MILK	<u>X1 RECIPE (500G)</u>	<u>X2 RECIPE (750G)</u>	<u>X3 RECIPE (1KG)</u>
CASHEWS	75G	150G	225g
FILTERED WATER	160ML	320ML	480ML
ACIDOPHILUS	½ CAP	1CAP	1.5 CAP
BLEND			
CASHEW MILK	130ML	260ML	390ML
COCONUT OIL	250ML	500ML	750ML
LECITHIN	1TSP	2TSP	3TSP
RAPESEED OIL	64ML	128ML	192ML
CARROT JUICE	5TSP	10TSP	15TSP
HIMILAYIAN SALT	¼ TSP	1/2TSP	¾ TSP

INGREDIENTS:

75g raw cashews

160ml water

½ capsule acidophilus

250g refined coconut oil

1tsp liquid sunflower lecithin

64g Rapeseed oil (or other neutral oil)

5 tsp carrot juice

¼ tsp salt

Method:

Make cultured cashew milk, 24hrs before.

Place the cashews in a bowl of water, cover and soak for 8 hrs.

Drain the cashews, put them back in the bowl. Bring a pan of water to the boil. Once boiling pour the water over the cashews, to kill possible bacterias. Drain the cashew.

Add them to a blender with the 160ml water and blend on high speed until smooth and creamy. Scrape down the sides from time to time and everything is smooth.

Transfer to a small bowl and stir in acidophilus powder. Cover with a clean towel and let sit at room temperature for at least 24hrs. The cashew cream should have a light sour taste, and you should see some air bubbles.

Melt the coconut oil over low-medium. Measure 1 and ¼ cup of melted coconut oil and put in a blender.

Add the cultured cashew cream, sunflower oil, sunflower lecithin, carrot juice, and salt. Blend on a high speed for about 1 min.

Pour into a container (500g) and refrigerate to set.

Keep refrigerated for use as it will melt if left out at room temperature unlike dairy butter.

Enjoy!