Cinnamon Cashew Cream

By Judy Kim | Yield: approximately 1 1/2 cups

Curiosity got the best of me. I've been seeing cashew cream everywhere lately and really wanted to try it out. Let me tell you, it's pretty damn good. I'm sure it's a great dairy substitute, but I love it as is. It would be a great addition to any dessert or simply topped on a bowl of berries. Can I be honest? I might have eaten it straight out of the bowl by the spoonful, just like peanut butter, don't judge me. (I usually see this recipe made raw and vegan. My version isn't but try maple syrup if you'd like a vegan version).

INGREDIENTS

1 cup raw cashews, soaked in filtered water 4 to 6 hours (minimum 2 hours)
1/2 cup filtered water
2 tsp mild honey such as Bee Local by Jacobsen's
1/2 tsp vanilla extract, such Nielsen-Massey
1/4 tsp ground cinnamon (or try cinnamon sticks ground in a spice grinder)
pinch of flake sea salt, such as Jacobsen's

DIRECTIONS

1. Drain and rinse cashews; discard soaking liquid. Add cashews and 1/4 cup filtered water to Vitamix or high powered blender. Pulse until just barely incorporated
2. Add balance of ingredients. Blend on low and increase speed. Add more water until you reach desired consistency.
3. Transfer to a bowl and keep in refrigerator until ready to serve. Serve chilled.

note: I like my sweets on the milder side, feel free to adjust the honey quantity to your taste.