



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

September 1st, 2015 Cooking Class

Featuring

Melissa Rakvica

Owner of Fit-n-Fresh Catering

Cashew Cream

Serves 16 (1.5 oz.)

Ingredients:

- 2 cups cashews
- Water

Nutrition Facts	
Serving Size: 1 serving (28.4g)	
Servings: 1	
Amount Per Serving	
Calories 160	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber less than 1g	4%
Sugars 2g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Directions:

1. Soak 2 cups of rinsed cashews for at least 4 hours or overnight
2. Drain cashews under cold water (enough to cover the cashews), then place in a blender
3. Blend on high until a smooth paste forms; strain through a sieve if you want it even smoother



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