



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

September 1st, 2015 Cooking Class

Featuring

Melissa Rakvica

Owner of Fit-n-Fresh Catering

Savory Cashew Cream

Serves 16 (1.5 oz.)

Ingredients:

- 2 cups cashews
- 14 oz. coconut milk

Nutrition Facts	
Serving Size: 1 serving (53.2g)	
Servings: 1	
Amount Per Serving	
Calories 200	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	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%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Soak 2 cups of rinsed cashews for at least 4 hours or overnight
2. Drain cashews and cover with coconut milk, then place in blender
3. Blend on high until a smooth paste forms; strain through a sieve if you would like it smoother



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