



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

September 1<sup>st</sup>, 2015 Cooking Class

Featuring

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**Owner of Fit-n-Fresh Catering**

## **Whipped Cashew Cream**

**Serves 16 (1.5 oz.)**

### **Ingredients:**

- 1 cup cashew cream
- ¼ cup agave
- ½ tsp. vanilla extract
- 1/3 cup refined coconut oil, warmed until liquid

<b>Nutrition Facts</b>	
Serving Size: 1 serving (18.7g)	
Servings: 1	
Amount Per Serving	
Calories 100	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>13%</b>
Saturated Fat 4g	<b>19%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars less than 1g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

### **Directions:**

1. Blend the first 3 ingredients in a blender until smooth
2. Then while the blender is still running add in coconut oil until emulsified
3. Chill for about 2 hours before serving and pulse until smooth



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