



## *Marti's Cashew Milk*

1 cup organic cashews, soaked overnight (preferable but not totally necessary if you're in a pinch)

4 cups water

Pinch of Himalayan sea salt

Dash of maple syrup

Soak cashews overnight in a jar in the refrigerator. Drain and add to a blender or a Vitamix. Add two cups of water and process on a low setting, increasing the speed until the cashews are totally pulverized. Add the remaining water, salt and maple syrup to taste. Process until completely blended. Transfer to a glass milk jar.

*Keeps for approximately 4 days.*

