

# ONE BITE

VEGAN MAGAZINE

ROASTED  
BEET  
Hummus

11

PLANT-BASED  
RECIPES

SPARKLE HEART  
Emoji Cake

Rosemary  
INFUSED  
PINK  
SALT

VEGAN  
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# 5 INGREDIENT CASHEW MILK

By Jenn Sage



**C**reamy Cashew Milk.

Dang. That sounds ahhh-mazing.  
Disclosure: I loveeee cashews.

And the crazy thing is that I don't think I had ever tasted cashews, ever, in my life, until I went vegan. Crazyyyy.

Another perk of this beautiful diet -- erghh scratch that -- lifestyle, this beautiful lifestyle.

This cashew milk (or mylk) is plant-based, clean, simple, and guess what? No nut milk bag needed!!

You don't have to wake up 20 minutes earlier just to "mylk" your almond bag. Get it? LOL

Cashews are so wonderful that you don't need to get rid of any leftover pulp (like when you make almond milk). Nope. None of that.

Just throw all of the ingredients in a blender and hit BLEND!

Cashews are such an amazing little nut, or seed, or fruit, or wait, I'm not even sure what cashews are. They're usually referred to as nuts (so if you have a nut allergy, definitely double check if you can eat cashews before you go on making this.)

### cashew milk: a vegan coffee creamer alternative

What is cashew milk and what is it good for anyway?!

Cashew milk is literally, just five ingredients (okay six if you count the pinch of salt, but let's not).

cashews + water + dates + vanilla extract + cinnamon + (and that optional pinch of salt which we are not counting) = what your morning cup of coffee is missing.







Seriously, this is gonna take your cup of coffee to the next level.

And it's guilt free because: refined sugar free, no added oils, no preservatives or emulsifiers or weird long unpronounceable ingredient names...

because it's homemade, made at home, by YOU, with just five ingredients (okay six!).

Did I mention it's also extremely easy to make? So easy that you can wake up, still half asleep, realize you're out of coffee creamer, and make some cashew milk in less time than it takes for your coffee to finish brewing. Perfection.

The recipe calls for soaking your cashews. Soaking only takes 20 minutes. But I understand, 20 minutes is a long time when you're in a hurry...

So here's the deal - I've made this milk "without" soaking my cashews and it doesn't affect the taste or the consistency. But I do use a high-speed blender, my trusted [Vitamix](#), to get the job done. If you don't have a high-speed blender, then you probably want to invest in those 20 minutes so that your blender doesn't have to work as hard and you can still achieve that lovely creamy consistency that makes cashew milk so special.

Cashew milk will last about 2 to 3 days in the fridge but make sure to store it in an airtight container like [mason jars](#) or these cute little [vintage style milk jugs](#) that I love from Amazon to keep the mylk as fresh as possible.

Also, did I mention this recipe is foolproof?

If you still have chunks of cashews - keep blending. If it seems too thick, add more water. If you messed up and added too much water and now it's too runny, add more cashews. See? Foolproof.

Now, go get yourselves some cashews and try this recipe asap. And let me know what your favorite coffee creamer or vegan milk alternative is.

And since we're on the topic of cashews - check out my other favorite cashew-based recipe [Cilantro Cashew Vegan Sauce](#). I'm telling you, cashews are magical!



## ABOUT THE AUTHOR

Hey, I am Jen, Nice to meet ya!

I am obsessed with creating healthy vegan meals that taste deliciouslyyy amazing. I never cared much for food, nor cooking, but that all changed a few years ago when I switched to a whole foods, plant based diet and discovered the magic of plants! <3 Now, I have my very own vegan food blog where I share that magic with YOU! Most of the recipes you'll find there are refined-sugar free and oil-free with almost zero processed ingredients, if any! If you love what you see, please stop by [www.SproutingZen.com](http://www.SproutingZen.com) and much love + gratitude always.



# 5 INGREDIENT CASHIEW MILK

By Jenn Sage

Yield: 4 Cups

## Ingredients:

- 1 cup of cashews (soaked for 20 minutes)\*
- 3 to 4 medjool dates (pitted)
- 1/4 tsp of cinnamon
- 1/8 tsp of vanilla extract
- 3 cups of water (if you like it creamier/thicker, maybe use 2.5 cups at first and add more as needed)
- pinch of Himalayan salt (optional)

## Instructions:

1. Place cashews in a bowl and cover with water for 20 minutes. If you don't have time to soak and you have a powerful blender such as a Vitamix, you can go ahead and skip this step.
2. To the blender add: Cashews, dates, cinnamon, vanilla extract, and salt. Blend until all ingredients are well combined and you achieve a "milk" consistency.
3. Drink as is, or pour into a nice hot cup of coffee and enjoy!

## Notes:

- I have made this milk using "not soaked" cashews and it worked just fine. I usually try to soak my cashews for at least 20 minutes beforehand (because it helps with digestion and it wakes up the enzymes in the cashews), but if you don't have time you can skip this step. However, if you do not have a powerful blender such as a Vitamix, I strongly recommend that you soak the cashews to help out the blender and to achieve a creamier,



smoother, consistency. There shouldn't be any chunks or pieces of cashews left over.

- Store your left over milk in an airtight container like mason jars or milk jugs. Will last about 2 to 3 days only so make sure to enjoy while fresh!
- If you want this to be very creamy and thick, use 2 to 2.5 cups of water. 3 cups will still be great as a creamer but will have a thinner consistency.