

CASHEW CREAM RECIPE

Ingredients: 12oz organic raw cashews soaked in water for 24 hours
Coconut milk 2/3 cup per cup of blended cashews
Sweetener to taste
Vanilla Extract to taste

After soaking cashews for 24 hours, place in blender with 3 cups of filtered water and liquefy. Freeze in one cup containers, reserving one for present use. Place that back in the blender with 2/3 cup of coconut milk, a small amount of agave nectar and vanilla extract to taste and once again blenderize. This blend should be placed into mini cupcake pans and frozen. They can be popped out one to two at a time and served at the beginning of meals rather than at the end, presented as the treat of dessert first followed by a protein and in the end offering carbohydrates. This should radically reduce the child's desire for carbohydrates.