

## Homemade Cashew Milk

### Ingredients Needed

1 cup [raw, unsalted cashews](#) soaked overnight in water

1 Tbs of [maple syrup](#)

1 Tbs of [vanilla extract](#)

A pinch of [sea salt](#)

A dash of [cinnamon](#) (optional)

4 cups of water

### Directions

Soak the cashews overnight in a bowl of water.

Discard the soaking water and rinse the cashews thoroughly.

Blend the soaked cashews, 4 cups of water, and the other ingredients together in a high-speed blender.

Drink or store in the refrigerator for up to 4 days. This particular recipe makes 4 cups of cashew milk.