



Cashew "Ice Cream"



- ♥ 2 cups of raw cashews
- ♥ 1 cup of water
- ♥ 1 tbsp. maple syrup
- ♥ 1 cup ground walnuts
- ♥ A container of any seasonal berries to your liking (blackberries, blueberries or strawberries)

1. In a blender, blend the cashews, water, and maple until smooth and thick (with a consistency of ice cream).
2. Place in the fridge to chill for an hour.
3. At the bottom of an individual dish, place a layer of berries.
4. Cover almost to the top with the cashew "ice cream".
5. Top with ground walnuts as desired.

Serve chilled. Enjoy.

- Drizzling maple on top before serving is always an option.
- You can substitute the maple with local raw honey.

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