

CASHEW CREAM

1 ½ cups water
70 g cashews
1 teaspr vanilla
¼ cup maple syrup
¼ teaspr salt

Combine the above in VitaMix. Blend on **HI** 1-2 minutes. Add
2 eggs
to the mixture and blend on **LOW** just until the eggs are incorporated.

Sous Vide in one-half and one cup mason jars at
176F for 1hr 15 minutes.