

## C A S H E W   C R E A M

**1 ½ cups water**  
**70 g cashews**  
**1 teasp vanilla**  
**¼ cup maple syrup**  
**¼ teasp 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.**