

Coconut Cream

from Vital Creations by Chad Sarno

- 1 c coconut meat**
- 1/2 c coconut water**
- 1/2 c cashews soaked in water for 10-12 hours**
- 1/3 c dates pitted**
- 1 t vanilla bean**
- 1/2 t sea salt**



In a high-speed blender, blend all ingredients until smooth.

This is great as a dip for fruit or frosting for raw cakes and pies.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>