

## Honey Cream

by Jackie Graff

**2 cups Macadamia nuts, soaked for 24 hours and drained**  
**2 cups coconut milk from a young coconut (also called Thai coconut)**  
**Meat from 2 young coconuts**  
**1 teaspoon vanilla powder**  
**Honey to taste - few tablespoons**  
**Sea salt to taste - pinch or so**



Place all ingredients except honey and salt in a food processor and process until smooth.  
Add honey and salt gradually until it is the way you like.

Complements of Spirit Touch Living Light Center

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