

## Very Versatile Coconut Cream

*This wonderful and very rich cream goes very nicely over any fruit or as a topping for desserts.*

Serves 6-8

### Ingredients:

1/2 C cashews soaked for at least 2 hours in the fridge

1/2 C coconut meat

1/2 C honey

2 T. coconut butter

1/4 C coconut milk/water

2 t vanilla

1/4 t ground cinnamon

1/4 t sea salt

### Preparation:

Drain and rinse the cashews. Place all ingredients in a high speed blender and run until very smooth and creamy. Keep covered in the fridge until ready to use. This can be made the day before.



This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>