

Jill's Joyful Kitchen



Chocolate Cinnamon Cashew Milk

- 1 cup cashews (soaked about 6-8 hours)
- 4 cups of water
- 1/8 teaspoon sea salt
- 4 tablespoons agave nectar or maple syrup (or more if sweeter is desired)
- 1 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 2 tablespoons cacao

Drain cashews and rinse well. Place all ingredients in a high-speed blender with the 4 cups water and blend until smooth. Pour through a cheesecloth/nut milk bag to separate the pulp from the milk, using a pitcher or a large glass bowl to catch the milk as it is strained. If using a cheesecloth, lay cloth over a fine mesh strainer that is placed over a wide rimmed bowl. Use the back of a spoon to press the milk through the cheesecloth. Rinse out your blender then pour strained milk back in. Add rest of ingredients and taste milk and adjust sweetness to your liking. For a richer milk, use 2 or 3 cups water instead of 4. Pour into a jar or container with an airtight lid. It will keep fresh for 3-4 days. Shake before using as natural separation may occur.