
Vanilla Cashew Pudding

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1/2 cup raw cashews
 - 1/4 cup coconut oil
 - 1/2 cup full-fat coconut milk
 - 1-2 tablespoons honey
 - 1 teaspoon vanilla extract
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Instructions:

1. Soak cashews for around 3 hours. Drain and place in a blender with the rest of the pudding ingredients and blend until smooth.
2. Use it as is to top caramelized bananas or a warm bowl of oatmeal. Otherwise transfer to an ice-cube tray. Once frozen, transfer the cubes to a freezer bag and don't forget to label it with the name of the pudding and the date.