

Fresh Figs with Cashew Cream

8 ingredients · 10 minutes · 4 servings



Directions

1. Add cashews, water, vanilla, salt and maple syrup into a blender. Blend until smooth.
2. Pour into small bowls and top with sliced figs and coconut, or your choice of toppings. Squeeze lemon juice overtop. Enjoy!

Notes

Extra Toppings

Top your cashew cream with any other fruit, nuts, seeds, granola, nut butter or sprinkle with cocoa powder.

Ingredients

- 1 3/4 cups Cashews
- 1 cup Water
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 2 tbsps Maple Syrup
- 4 Fig
- 1/4 cup Unsweetened Coconut Flakes
- 1/4 Lemon (juiced)

Nutrition

Amount per serving

Calories	444	Vitamin A	71IU
Fat	31g	Vitamin C	2mg
Carbs	38g	Calcium	61mg
Fiber	4g	Iron	4mg
Sugar	18g	Vitamin D	0IU
Protein	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	169mg
Sodium	88mg	Zinc	4mg
Potassium	481mg	Selenium	7µg