AMERICAN · DRINK

# Creamy No-Strain Cashew Milk

5 min · plus 2–4 hours soaking the cashews  Makes 4 × 1 generous cup (about 275 ml)
207 kcal a portion  Video 4:09 · Detoxinista

Vegan | Gluten-free ingredients

The whole cashew is blended in, so you keep all of the nut's protein, healthy fats and magnesium instead of straining them away, with no gums or additives. With the optional maple syrup it has only about 3 g added sugar a cup.

**Diet notes:** Keto if you skip the maple syrup.

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## Ingredients

4 · MAKES 4 × 1 GENEROUS CUP (ABOUT 275 ML)

- [ ] 1 cup **raw unsalted cashews**, soaked and drained
- [ ] 4 cups **fresh water**
- [ ] 1 tbsp **maple syrup** (optional)
- [ ] a pinch of **salt** (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Tree nuts. Check labels on stock, sauces and spice mixes.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Cover 1 cup raw, unsalted cashews with plenty of water and soak for 2–4 hours (or overnight in the fridge). Drain and throw away the soaking water. 0:26
2. Put the cashews in a blender with 4 cups fresh water, plus 1 tbsp maple syrup and a pinch of salt if you like. 0:53
3. Blend until completely smooth and creamy. A high-speed blender leaves no pulp, so there's nothing to strain; with a standard blender, pour it through a fine sieve to catch any bits. 1:11
4. Keep in a sealed jar in the fridge for up to 4 days and shake before using, as it settles. 1:53

> **Tip** Creamer: blend 1 cup cashews with 2 cups water, 1 tsp vanilla, 2 tbsp maple syrup and a pinch of salt. Chocolate: add 5 tbsp cocoa and 1 tsp vanilla; the cook's 5–6 tbsp maple adds about ½ oz sugar a cup, so start with 2.

The method is a summary in our words — the video shows every step.

## One portion, 1 generous cup (about 275 ml), gives you

1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 207 kcal | 6.4 g | 14 g | 1.2 g | 15 g | 30 mg |
| 860 kJ | 13% of a day | 13 g net · 5.1 g sugars | 4% of a day | 2.7 g saturated | 1% of a day |
| | | 5% of a day | | 20% of a day | |

**Energy from** net carbs 24% · protein 12% · fat 64% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Magnesium 25%

**Source of** (10–19%) Zinc 19% · Iron 13% · Selenium 13% · Vitamin K 10%

**Recipe and video:** Detoxinista (@DetoxinistaRecipes) on YouTube — youtube.com/watch?v=JiuUPZKGFeA, published 3 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/no-strain-cashew-milk