



Dairy Free

Prep Time: Overnight

Serving Size: 12 +



Gluten Free

Cook Time: 5 mins



Vegan

CASHEW ICING

This dairy-free, gluten-free and vegan icing is the perfect topping on our *Healthier Carrot Cake* or *Zesty Lemon Muffins* recipes.

INGREDIENTS:

- ¾ cup raw cashews (soaked in water overnight in the fridge)
- 4 fresh Medjool dates
- 1 tbsp lemon juice
- 1 tbsp vanilla essence
- ½ cup coconut milk (from the carton)

METHOD:

1. Place cashews in a glass airtight container and cover with water. Soak in the fridge overnight to soften.
2. Drain the cashews and add all ingredients to your blender.
3. Blend until smooth and icing consistency is formed.

TIPS & NOTES

- We love this on top of our *Zesty Lemon Muffins* recipe in *Nourished Postpartum*.