

## OLD JOE'S KAIA COUNTRY HAVEN

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## CASHEW CREAM

Soak in clean unchlorinated  
water overnight:

*200 g plain cashew nuts*

Following morning drain cashews  
and rinse well, add to a  
blender:

*rinsed cashews*

*80 g liquid coconut oil*

*5 ml fine salt*

*30 ml freshly squeezed lemon juice*

Add a small amount of water, adding little by little to get the blade running smoothly without it being too runny. Store in the fridge.

The cream will thicken with time, sometimes to the point where you can roll it into a log after 5-6 days, which can then be rolled in a mixture of seeds (sesame, poppy, etc.), chopped herbs or even chopped dried fruitcake mix for Christmas, to be sliced for canapés.

