



VEGAN MANGO CASHEW YOGURT

(+4 hours soaking) 30 minutes | serves 2 to 4 portions

INGREDIENTS

1 cup | 130 gr. raw cashews
1/2 cup | 125 ml. rice milk
juice of 1/2 lime
1 tbsp rice malt syrup (or any liquid sweetener)
1 tsp coconut oil
pulp of 1/2 ripe mango (about 1 cup)

TOP WITH

mango chia jam (recipe in the blog)
ripe mango, chopped into cubes
toasted coconut flakes
lime zest

STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. Combine all of the yogurt ingredients in your high speed blender.
2. Blend for a couple of minutes or until you get a silky rich cream. Pause as many time as is necessary to scrape down the sides and fold any remaining chunks of cashews into the cream.
3. Transfer the yogurt into a mason jar or airtight container.
4. Allow to cool in the fridge for 30 minutes before serving.
5. Store the yogurt in the fridge for up to 3 days.



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