

Cashew Milk

One recipe low filled 2 Medium Freeze dryer trays. (more than 1 tray but not enough for two full trays)*

[Life Life Simple's: Freeze Dried Almond Milk & Cashew Milk WITH RECIPE! Harvest Right Freeze Dryer](#)

Ingredients:

2 C Cashews
Water
4 Cups of Water



Directions:

1. Put the 2 cups of Cashews in a bowl, and pour water over until about 1 inch over the top of the cashews and let sit overnight. (If you don't have time to let them soak you can boil for an hour instead)
2. Put Cashews in a colander and rinse and let drain a little.
3. Add Cashews to 4 Cups of water in your blender. Blend until creamy (I prefer a vitamix)
4. Pour onto trays and freeze dry. You can pre freeze it if you want.
5. Store appropriately (See Tips and Tricks for storage help)

Cashew milk seems oily, not sure that this would store long term.

Cycle Time: My cycle time was 29 hours for 4 trays of milk products

Rehydration: 1 oz of powder to 6 oz of water



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray