

Carob-Cashew Mousse

Ingredients:

3 cups raw cashews
 2 1/4 cups vanilla soy milk (organic)
 1/2 TS vanilla extract
 1/4 cup carob powder
 14 pitted deglet noor dates
 2 TS maple syrup
 1/8 tsp salt

Servings: 15



*VEGAN



*GLUTEN-FREE

Nutrition Facts

Serving Size 1/3 cup (71g)
 Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 5g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions:

1. Rinse the cashews and soak overnight.
2. Drain the water from cashews and blend all the ingredients in a high speed blender or food processor until smooth.
3. Refrigerate and serve with strawberries, berries, or the fruit of your choice.