

These Recipes are from The McDougall Quick & Easy Cookbook

CASHEW MILK

Preparation Time: 5 minutes

Servings: makes 2 cups

½ cup RAW cashews
2 cups water

- Place the cashews in a blender jar with 1 cup of the water.
- Process until very smooth.
- Add the remaining water and blend until no large pieces remain. This may take a minute or two.
- Strain after processing to remove any remaining pieces.
- Refrigerate until ready to use.

NUTTY FRENCH TOAST

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 12

2 cups cashew milk (see recipe above)
3 tbsp chopped dates
1/8 tsp cinnamon
dash turmeric
12 slices whole wheat bread

- Place 1 cup of the cashew milk in a blender jar.
- Add the dates, cinnamon and turmeric.
- Process until well blended.
- Add remaining milk and blend again.
- Pour into a bowl.
- Dip slices of bread into the cashew mixture, coating well.
- Brown on a medium-hot non-stick griddle or frying pan, turning once so both sides are evenly browned.
- Serve with pure maple syrup or fruit sauces or spread.

Hints: You can make these ahead and easily to store for later use. Place them in individual zip-lock bags and refrigerate. Reheat in microwave. They may also be frozen and popped into the toaster for reheating.