

Fermented Cashew Cream

125g cashews, soaked for 20 minutes or more to soften
1-2 [probiotic capsules](#)* or 1-2 tbsp [ginger bug](#)
50g water, or just enough to blend

1. Blend the cashews with the probiotic powder or ginger bug and just enough water to create a thick mixture.
2. Transfer to a mixing bowl, press cling film or greaseproof paper right down on top of the mixture so as to not form a crust on top and pop in a warm space for 12 - 24 hours.
3. The mixture should be aerated and slightly sour smelling when you check on it. If it's not, then you either need to add more probiotics (all probiotics vary in strength) and continue fermenting or find a warmer spot / turn up the dehydrator as they need heat to activate.
4. Use right away for the recipes in this mini course, or store in an airtight container in the fridge for up to 2 weeks, or in the freezer for several months.

* Regarding probiotics - If you're not able to get the ones I have linked to above, then have a look at the ingredients of the ones available where you are and try to find a similar one.

