Vegan Cashew Milk Yakult-Style Probiotic Drink

Recipe by Michelle

Cuisine: **plant-based, dairy-free, cultured/fermented cuisine** /
Difficulty: **Easy**

Servings	Prep time	Cooking time	Calories	Total time
4 servings	5 minutes	10 minutes	300 kcal	15 minutes

Ingredients

1 cup (140g) raw unsalted cashews

1 cup filtered or distilled water for boiling

4 cups filtered or distilled water for blending

1 tsp salt

1 tsp (5g) plain unsweetened coconut yogurt

1 tsp (5g) inulin powder (optional)

Directions

1 Boil cashews in 1 cup water for about 10 minutes to soften. Strain and pour into blender.

2 Add remaining ingredients to blender and blend on high speed for a few minutes or until you no longer see any lumps in the milk

3 Strain through a nut milk bag if you want a very smooth consistency or pour into a 1 Lt bottle that seals. Do not seal to start with. Cover opening to bottle with paper towel and a rubber band.

4 Leave on bench overnight to cool and slightly ferment. The longer it is left, the tangiet the ferment will be. When ferment is to taste, refrigerate and drink within 3 - 5 days.

5 For instruction on how to use this milk in my cheese recipes, click here (Coming soon)

Notes

- Soaking the cashews overnight will activate them and negate the need to boil them.
- Inulin adds a slight sweetness. If you want it sweeter, add some maple syrup or honey to taste.