

Sea Salted Caramel Cashew

Recovery Shake

Makes one 16 oz shake

The “caramel” flavor in this shake comes from dates, which provide quickly absorbing carbs to replenish the glucose and glycogen lost during your workout. We created this shake for those of you who wanted a savory (not sweet) shake option. If you are ready for a culinary adventure, use your own homemade cashew milk and cashew butter. It is soooo worth the extra work (see *Food Tutorials* for instructions).

Ingredients:

6 oz cashew milk
1/4 c cashew butter
2 dates
1/4 tsp sea salt
8 oz ice

Directions:

If your dates are dried, rehydrate them in warm water for 10 minutes prior to shake preparation. If necessary, remove the pit. Put ingredients in a blender and blend until smooth.

Nutrition (per 16 oz serving): 563 cal, 35 g carb, 1 g fiber, 29 g protein, 46 g fat, 800 mg sodium, 16 % DV iron