



Cashew Combo Ideas

A dear friend recently asked me for ideas on how to use the 4lbs of cashews he had stockpiled during the coronavirus lockdown. Besides being super yummy, cashews (raw and organic are most nutritious, add a little sea salt if you want to bring out the flavor) are high in magnesium, essential for good muscle function. If you are having muscle cramps, charley horses, or period cramps, magnesium will help relax the muscles quickly.

Organic Banana Therapy (below) is one of the best ways to do that quickly, as the bananas provide potassium and the sea salt, sodium, necessary to replenish tired muscles after a workout, long day, moving, yard work, physical labor, etc. Or just to cheer you up! Cashews have a natural antidepressant effect, as do bananas. They also have a heating effect as well as a laxative effect to the system though, so best to eat just a couple small handfuls max for a serving. Otherwise you will be overheated and cranky a few hours later or in the bathroom a lot! Speaking from experience here... :)

In any case, cashews are one of my absolute favorite nuts and a good source of vegan protein and healthy fats. Here are some of my favorite ways to combine cashews with other foods, enjoy! As with all these food ideas, these are just suggestions. Feel free to substitute your favorite items and be creative to discover new delicious combinations! Share your discoveries if you want also, always love getting new ideas!

Sweet

- Organic Banana Therapy - bananas, raw cashews, sea salt (add sesame/coconut oil, rice/oatmeal, etc if you want)
- Cashews also good w chopped apples or pears, sea salt + sesame/coconut oil if you want
- Chopped celery, cashews, raisins, sesame oil and sea salt - reminiscent of ants on a log snack from childhood!
- Cashews and applesauce w sea salt - reminiscent of pb&j sandwich :)
- Cashews, shredded dried unsweetened coconut or shredded carrots, raisins, coconut cream, honey, sea salt - let soak a few minutes to soften coconut, cook on low heat for a couple minutes if you want and let cool (reminiscent of Indian halwa dessert dish)
- Cashew yogurt - you can now buy organic cashew yogurt, Forager is the brand I've found, so delicious and one of the few all organic vegan premade yogurts currently available. I like to get the plain



unsweetened kind and add my own fruits, honey, chia seeds, cereal, etc. I also use it in cream sauces instead of dairy. Yum!

Savory

- In green salads - for example - chopped pear or apple, cashew, spinach/cabbage/salad greens, lemon juice, sesame oil, sea salt
- In pasta, quinoa, rice, potatoes, etc (add nuts after cooking) w veggies like cucumber, tomatoes, spinach, or broccoli plus sesame/coconut/olive oil, spices like cumin seed or black pepper, and sea salt
- Chopped celery or cabbage, cashews, chopped fresh ginger root, lemon juice, sesame oil, sea salt
- Cashew cheese - look online for detailed instructions - basically ground soaked cashews, lemon juice and sea salt, allowed to sit overnight and congeal, tastes like amazing goat cheese or cream cheese

Enjoy!

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