


Vanilla Coffee Bean Cashew Butter

Prep Time 10 mins
 Total Time 20 mins

Meal Type Breakfast,Lunch,Snack
 Contributed By  PURITY COFFEE®
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Servings 10



Ingredients

- 2 cup cashews, raw, *soaked*
- 1 Tbs Purity coffee beans, ground
- 1 tsp vanilla extract
- salt, *to taste*
- 1 Tbs maple syrup

Directions

Prep

1. Place cashews in bowl and cover with hot water. Let stand for at least 1 hour or overnight.

Make

1. Add all ingredients in food processor and process until smooth and creamy.
2. Enjoy with sliced apple [our favorite!]

Notes

Disclosure: Living Plate has partnered with Purity to feature their products in this meal plan.

TO MAXIMIZE FLAVOR AND HEALTH BENEFITS, VIEW BREWING GUIDE [HERE](#).

At [Purity](#), we've brought together prominent coffee industry professionals, scientists, cuppers, and medical practitioners to help us base every decision on maximizing the health benefits of already high-quality coffees. Our areas of expertise may differ, but we all have a singular mission: to evaluate options and choose the healthiest processes for Purity Coffee, from the science to practices – piecing together critical research findings, experimenting with processes, and testing results.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Calories 148 per serving	Total Fat 11.2g	17%	Total Carbohydrates 9g	
	Saturated Fat 2.0g	9%	Dietary Fiber 1g	3%	
	Trans Fat 0.0g		Total Sugars 3g		
	Cholesterol 0mg	0%	Protein 5g		
	Sodium 5mg	0%			
	Vitamin D 0mcg 0% · Calcium 12mg 1% · Iron 2mg 9% · Potassium 191mg 4%				

- Show all nutrients -