

## Fermented Cashew

125g cashews, soaked for 20 minutes or more to soften  
1 tsp probiotic powder 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.
4. Use right away or store in an airtight container in the fridge for up to 2 weeks or in the freezer for several months.

