

Cashew Pear Cream

1 cup rinsed raw cashews (cashew pieces are cheaper than whole and work just as well)

1 can of pears (make sure to buy pears that are canned in pear juice rather than syrup, much healthier that way, less sugar)

Blend both ingredients very well. This is a terrific cream to use on breakfast cereals or oatmeal. Can also be used as a dressing for fruit salad. Also can be used as a dip for fresh fruit such as sliced apples or bananas.

Be creative, dare to experiment. Think healthy.

