

Love Your Heart Butter or Honey or Orange Butter

1 cup cooked cornmeal mush (1 cup boiling water & 1/3 cup corn meal, cooked)
1/4 cup water
1/2 cup cashews
3/4 tsp salt
1/3 cup coconut milk



Directions: Cook cornmeal much on stove until thick. Blend cashews and water together in blender until VERY smooth first. Add coconut milk to keep blend going, if needed. Then blend all ingredients together until very smooth and creamy.

* Note: If you have just opened a can of coconut milk, you won't want to let it sit in the refrigerator until the next time you make butter. Measure remaining coconut milk out into 1/3 cup quantities and freeze in little baggies tied tight with a twisty. When ready to use, get it out of the freezer to thaw a bit.

Variation: To alter the flavor to a honey butter or orange honey butter (great on cornbread) simply add 1-2 tsp honey and if wanted two drops of orange oil/essense when blending.