



# Cashew Currant Dressing

Adapted from a recipe from [drfuhrman.com](http://drfuhrman.com)

Serves: 2-4

## Ingredients:

1/4 cup raw cashews or 2 tablespoons raw cashew butter  
1/3 cup unsweetened soy, hemp or almond milk  
1 peeled apple, sliced  
2 tablespoons dried currants or raisins

## Instructions:

Blend cashews or cashew butter with soy milk and sliced apples in a high-powered blender until smooth.

Add the currants and blend well.