

# [Creamy Cashew Shake \(Paleo, Vegan\)](#)

Adapted from [kitchentreaty.com](http://kitchentreaty.com)

This shake/smoothie tastes exactly like a vanilla ice-cream float without the sugar rush and unfulfilling calories. The creaminess of this healthier version is due to cashews. Chia and hemp seeds give this drink a protein and fibre boost.

Sansational!



Serves 1 to 2

## **Ingredients:**

- 1/3 cup cashews
- 1 banana
- 2/3 cup coconut water
- 1 cup coconut milk
- 1 tbsp maple syrup
- 1 tsp vanilla

1 tbsp chia seeds  
1 tbsp hemp seeds  
A pinch of sea salt  
1 cup of ice cubes (5 to 6 large)

**Directions:**

1. Pre-soak the cashews for a few hours or overnight.
2. Blend all ingredients in a high speed blender until smooth. I finally broke down and bought a [Vitamix](#). It is really worth the investment.

**Sansational tips:**

1. Pre-soaking nuts like cashews makes them more digestible.
2. I often prepare my smoothie ingredients in the blender cup the night before and leave in the refrigerator overnight to take out for easy blending in the morning. This makes for a quick grab and go smoothie.