



Firecracker Fruit Sticks with Coconut Cashew Cream Dip

Yield: 2 cups

Ingredients:

- 1 cup raw, unsalted cashews (recommend soaking cashews first, see note below)
- 2 tbsp coconut milk beverage
- 1 tbsp maple syrup
- $\frac{3}{4}$ cup plain coconut milk yogurt
- 1 tsp of cardamom
- Dash of cinnamon
- Shredded coconut for garnish on top

Firecracker Fruit Sticks:

- Wooden skewers
- Blueberries
- Strawberries
- Watermelon - Cut into stars with a star cookie cutter
- Add fruit to skewers with watermelon star on top.

Directions:

1. Add cashews to a heatproof bowl and cover with hot water by 2 inches. Soak for 10-20 minutes.
2. Drain the cashews then add to blender with coconut milk and blend for a minute or so on high speed. You may need to add a touch more liquid if it is not blending well.
3. Next, add the maple syrup and yogurt and blend again for a few seconds.
4. Add the spices last and blend well.
5. Pour into a small bowl, then garnish with shredded coconut. Serve with fruit.