



Our dairy-free Unsweetened Plain Cashewmilk Yogurt is a versatile kitchen staple.

Almond Butter Yogurt Bites

Ingredients for 12–16 servings:

- 1½ cups old-fashioned oats or quick oats
- ¼ cup almond butter
- 3 dates, pitted
- 1 tablespoon maple syrup
- 1 teaspoon chia seeds
- 2 tablespoons dairy-free chocolate chips, or cacao nibs

3 tablespoons Forager Project® Unsweetened Plain Cashewmilk Yogurt

Prep:

Combine oats, chia seeds, dates, and Cashewmilk Yogurt in a food processor. While the food processor is still running, add the almond butter and maple syrup through the top. At this point, everything should be mixed together really well. If not, turn off your processor, use a spatula to scrape down the sides and start your processor again.

Pour the mixture into a bowl and stir the chocolate chips in with a spoon. Use your hands to form the mixture into bites. Store in the refrigerator for up to 5 days and enjoy!



Calories: 110	Carbohydrates: 15g
Total Fat: 4g	Fiber: 2g
Saturated Fat: 1g	Sugar: 6g
Sodium: 3mg	Protein: 3g

Smashed Peas on Toast

Ingredients for 2 servings:

- 1 cup frozen peas + ¼ cup for garnish
- ½ cup fresh basil leaves, chopped
- 1/3 cup Forager Project® Unsweetened Plain Cashewmilk Yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1–2 cloves garlic, mashed
- ½ teaspoon sea salt
- 2 thick slices toasted whole wheat sourdough bread
- Chili flakes, Korean or Aleppo (optional garnish)

Prep:

Defrost the peas in warm water and drain.

Place peas, basil, Cashewmilk Yogurt, olive oil, lemon juice, garlic, and sea salt into a blender or a food processor and blend until well combined but some texture remains. Spread onto your toast and garnish with whole peas and chili flakes.



Calories: 290	Carbohydrates: 39g
Total Fat: 10g	Fiber: 5g
Saturated Fat: 1.5g	Sugar: 6g
Sodium: 502mg	Protein: 14g

Blueberry Muffins

Ingredients for 12 muffins:

- 1 cup Forager Project® Unsweetened Plain Cashewmilk Yogurt
- 1 teaspoon apple cider vinegar
- ½ cup filtered water
- 2 cups all-purpose flour
- 2½ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ½ cup granulated sugar
- ¼ cup + 2 tablespoons sunflower or canola oil
- 1 teaspoon vanilla extract
- Zest of 1 lemon
- 2 cups fresh blueberries

Prep:

Preheat oven to 375°F. Line a muffin tin with baking cups and set aside.

In a small bowl combine Cashewmilk Yogurt, apple cider vinegar, and filtered water.

In a larger bowl combine flour, baking powder, baking soda, and salt. Set aside.

Mix together sugar, canola oil, lemon zest, and vanilla extract. Add Cashewmilk Yogurt, mixture and stir to combine. Stir in the dry ingredients until well incorporated. Be careful not to over mix—a few lumps are okay. Fold in blueberries.

Spoon into muffin tins, filling each cup about ¾ full. Bake for 20–25 minutes until a knife inserted in the middle comes out clean. Remove from heat and allow muffins to cool before removing from pan.



Calories: 247	Carbohydrates: 32g
Total Fat: 13g	Fiber: 1g
Saturated Fat: 1g	Sugar: 13g
Sodium: 128mg	Protein: 3g