



ABUELA MAMA Y YO

FORTALECIENDO LA SALUD DE TRES GENERACIONES

Strawberries "without" cream

Ingredients for 4 portions:

10 (250g) strawberries, chopped

1 cup chestnuts (cashews)

½ tablespoon vanilla

3 tablespoons of sugar

½ slime (for juice)

¾ cup almond milk



Strawberries "without" cream

Preparation:

12 hours before: Soak the chestnuts in water at the same time.

1. Strain the chestnuts and put them in a blender with the almond milk, lemon and sugar.

2. Blend until it looks like cream. Put the cream in the refrigerator for 20 minutes.

3. Cut the strawberries in squares and mix with the vanilla and cream.

Strawberries are in season during the spring. Enjoy this delicious fruit!



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