

2 minutes application break

# Cashew milk

## Facts

**Origin** South America  
**Dates back** Recent times  
**Ingredients** Cashews, sweetener, flavorings and water

A plant-based milk alternative, used as a substitute for cow's milk

## MixSing Vacuum



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 1,500 cP
Accessories	Vacuum system
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Cashew milk is a plant-based milk alternative that is made from cashews. Making cashew milk involves blending cashews with water, straining the mixture to remove any solid particles, and then sweetening the liquid with a sweetener such as maple syrup or agave nectar. Cashew milk can also be flavoured with vanilla or other spices to enhance its taste.

The origins of cashew milk can be traced back to ancient times in South America, where cashews were a staple food used in various dishes. However, it was not until recently that cashew milk started to be consumed as a beverage. It was used as a

milk substitute for people who are lactose intolerant or have a cow's milk allergy.

Recently, cashew milk has become increasingly popular as a plant-based alternative. It is popular among vegans and those looking for a dairy-free milk alternative. Furthermore, cashew milk is a good source of healthy fats, as cashews are high in monounsaturated and polyunsaturated fats, which are beneficial for heart health. Its creamy texture and slightly sweet taste make it ideal for coffee, tea, and other hot drinks. It can also be used in cooking and baking as a milk alternative. Cashew milk is also gluten-free and does

not contain any cholesterol.

Cashew milk is now widely used globally; however, its origin can be traced back to South America. It is used in coffee shops, as an alternative to cow's milk, in cooking and baking, and can be found in most supermarkets.

The cashew milk market is expected to continue growing in the coming years, with many new brands and varieties being introduced.