



Makes 1 cup
Cook Time: 15 minutes

INGREDIENTS:

½ cup macadamia nuts, soaked
in ½ cup water for 15 to 30
minutes

6 medjool dates, pitted and
diced, soaked in ½ cup water for
15 to 30 minutes

1 teaspoon vanilla extract

Macadamia-Vanilla Frosting

This frosting has a somewhat maple flavor to it. You can use it right after making it, or if you want to use a cake decorating tip (like in the top photo), put the frosting in the refrigerator for 30 minutes first.

From straightupfood.com

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Cathy Fisher

- 1 Drain the soaked nuts and discard the water.
- 2 Add all ingredients (the nuts, dates with their soak water, and vanilla) to a blender, and purée until smooth and even in color.
- 3 Add a little more water as needed, to keep the blender moving if the mixture gets too thick.