



Cinnamon-Fig Cashew Butter Spread or Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 Teaspoon cinnamon whole (I like the shebang)
- ☐ 2 Teaspoons coconut oil organic extra-virgin (I used Nutiva Coconut Oil)
- ☐ 80 grams figs dried black (I used Mission)
- ☐ 0.3 Teaspoon juice of lemon quick (just a tablespoon)
- ☐ 2 Teaspoons maple syrup
- ☐ 2 Ounces cashew pieces raw (scant)
- ☐ 0.1 Teaspoon salt to taste
- ☐ 4 drops vanilla stevia (I used NuNaturals)

☐ 0.3 cup water boiling

Equipment

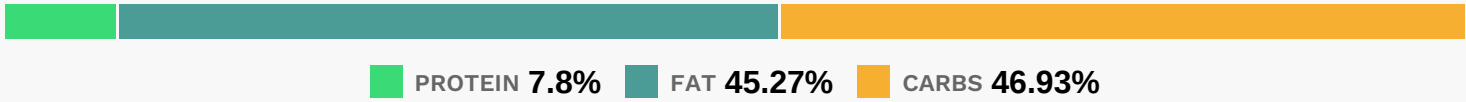
☐ food processor

☐ blender

Directions

- ☐ Grind the cashews into a powder in your spice grinder.
- ☐ Place the cashews, figs, oil, maple syrup, and water in a small food processor or blender, and let them sit and soak for a few minutes.
- ☐ Add the cinnamon, salt, lemon juice, and stevia if using, and blend until relatively smooth. You can eat it right away, but I like to let it chill in the refrigerator for at least 30 minutes to thicken up.
- ☐ Serve as a dip for fruit, as a spread for rice cakes or bread, or even stirred into oatmeal! You can also top it with even more fruit, like the pomegranate seeds I've pictured above.

Nutrition Facts



Properties

Glycemic Index:39.9, Glycemic Load:6.91, Inflammation Score:-3, Nutrition Score:7.6300000624488%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 206.23kcal (10.31%), Fat: 11.18g (17.2%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 22.75g (8.27%), Sugar: 16.7g (18.56%), Cholesterol: 0mg (0%), Sodium: 103.58mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.59mg (29.28%), Copper: 0.5mg (24.81%), Magnesium: 74.69mg (18.67%), Fiber: 3.33g (13.31%), Phosphorus: 130.08mg (13.01%), Vitamin K: 10.67µg (10.16%), Iron: 1.83mg (10.14%), Potassium: 317.74mg (9.08%), Zinc: 1.31mg (8.72%), Vitamin B1: 0.11mg (7.06%), Calcium: 57.85mg (5.78%), Selenium: 3.93µg (5.61%), Vitamin B2: 0.09mg (5.43%), Vitamin B6: 0.11mg (5.38%), Vitamin B5: 0.28mg (2.8%), Vitamin B3: 0.37mg (1.86%), Vitamin E: 0.27mg (1.82%), Folate: 7.22µg (1.8%)