



Recipe from:  
**El Salvador**



**INCAP**  
Instituto de Nutrición  
de Centro América y Panamá

## Cashew Seed Atole

6 servings

### Ingredients

1/2 cup	cashew seeds
1/2 cup	rice flour
1 medium	cinnamon stick
1 pinch	salt
1 pinch	nutmeg
1 1/2 liters	milk

### Utensils

Blender  
Strainer  
Pot  
Wooden spoon

### Preparation

1. Lightly toast the cashew seeds over low heat.
2. Blend the toasted cashew seeds with a little water until finely ground. Add the rice flour and blend until smooth. Strain if desired for a smoother texture.
3. In a pot, heat the milk with the cinnamon stick and nutmeg. Add sugar or panela to taste.
4. Once the milk begins to simmer, gradually add the cashew seed mixture while stirring constantly to avoid lumps.
5. Add a pinch of salt and continue stirring over low heat until the atole thickens slightly and comes to a gentle boil.
6. Serve warm.



## Cashew Seed Atole: A drinkable memory

Cashew seed atole is a sip of Salvadoran history and tradition: made with roasted and ground cashew seeds, milk, cinnamon, and a touch of sweetness, it is the comforting warmth of home that soothes both body and soul. In every cup, one can hear the whisper of generations who cared for the land, blended cultures, and left behind a legacy shaped through flavor. When enjoyed warm, it brings together the earth, the past, and the community — a simple toast to our roots, our memories, and our loved ones.

### When purchasing cashew seeds and other ingredients at local markets:

- You support your community
- You get fresh products
- You strengthen the local economy

### Check for:

- Whole seeds, without cracks
- Uniform color
- Avoid moisture, black spots, or rancid smell

### Storage recommendations:

- Store in an airtight container
- Keep in a cool, dry place
- Optional: refrigerate for longer shelf life

## Nutritional Information

Estimated nutritional value per serving

Cálculos realizados con **NutrINCAP**  
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Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	AG Mono (g)	AG Poli (g)
296.91	10.89	294.75	0.89	63.63	287.94	1.75	0.37	13.64	0.04	0.18	0.45	0.92	0.22	21.89	1.12	115.09	14.04	6.02	5.28	1.48

Monounsaturated fat (g)	Polyunsaturated fat (g): 0.9	Cholesterol (mg)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
25	32.46	1.18	3.12	414.6	432.49	1.23	0	21.89	112.5	18.11	0.31	3.25	4.84

Photograph and recipe obtained from:  
Recipe Book “Flavors of Memory from the Indigenous and Afrodescendant Cuisine of El Salvador,” Ministry of Health, Ministry of Culture, with support from FAO.



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