

MAKING ALMOND NUT MILK

Prep Time: 60 Seconds

Basic Nut Milk Recipe:

½ cup soaked raw organic almonds (can also substitute other nuts or mix)
3-4 cups distilled or ionized water (i.e. good, clean water!)
3-4 pitted dates (can also use agave nectar)

Instructions:

Combine ingredients in a high powered blender (we like the VitaMix) and blend until smooth.

Variations:

- Try other nuts such as walnuts, pine nuts, cashews or sunflower seeds (secret: sunflower seeds leave a sort of chocolaty result).
- Add frozen bananas to make the result creamier and colder.
- Add ice to make colder if desired.
- Add vanilla extract for a unique flavor.
- Add cacao for chocolate milk (may want to increase the dates or agave also).

Note: We prefer cacao over cocoa or carob but choose which one you like...

- Be creative! Have fun!

CHEATS:

We all want stuff that is painfully easy and quick, right? Here is how you make nut milk on demand in 60 seconds at anytime. With these, there truly is NO excuse to ever consider cow milk again.

- Soak and freeze a pound or two of almonds at once (we do 5 pounds at a time). When you want to make nut milk, simply grab a handful from the freezer.
- Got brown bananas? Peel them, toss the peelings and put the bananas in a freezer bag. Save them for nut milk or smoothies.

We get our produce from:  www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org