

Empower the Healer Within!

"Healthy Meals for Busy Lives Recipe Book"



Raw Almond Milk I

Serves 6-8

Ingredients:

2 ½ cups raw almonds
6 cups water

Preparation of Raw Almond Milk I:

1. Soak almonds for 12 hours. Drain, rinse and re-cover with fresh water at least once during the 12 hours. Then drain and rinse and drain again.
2. Place nuts in blender. Add the water. Blend on high until nuts are broken down and milk is smooth. Do not blend too long or the milk will begin to heat up.
3. Strained milk: Pour the milk through cheesecloth, a strainer or a nut milk bag. Serve.
4. Unstrained milk: Do not strain; use milk as is with finely ground almond bits.
5. Try strained and unstrained milk to determine your preference.

Raw Almond Milk II

Serves 6-8

Ingredients:

2 ½ cups raw almonds
6 cups water

Pinch of sea salt

Agave nectar, dates, natural vanilla to taste

Preparation of Raw Almond Milk II:

1. Soak almonds for 12 hours. Drain, rinse and re-cover with fresh water at least once during the 12 hours. Then drain and rinse and drain again.
2. Place nuts in blender. Add the water. Blend on high until nuts are broken down and milk is smooth. Do not blend too long or the milk will begin to heat up.
3. Strained milk: Pour the milk through cheesecloth, a strainer or a nut milk bag. Serve.
4. Unstrained milk: Do not strain; use milk as is with finely ground almond bits.
5. Try strained and unstrained milk to determine your preference.
6. In a food processor, blend ½ cup of pitted dates with ¼ cup water to make a date paste.
7. Blend milk with agave nectar, date paste, sea salt and/or vanilla to taste.

This milk can also be made with hazelnuts or Brazil nuts. These nuts do not need to be soaked as there are no enzyme inhibitors.

Note: Use as you would any milk including to drink, over natural whole grain cereal, in recipes, etc.

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These recipes are:

- Filled with natural foods (*fruits, vegetables, beans, nuts, seeds, whole grains*)
- Low in fats
- High in omega-3's (*olive oil is used in all recipes that call for oil*)
- Nondairy (*no cow or other animal milk, yogurt, cheese, etc*)
- Vegetarian (*no fish, red meat, fowl, or eggs*)
- Based on proper food combining principles
- Both raw and cooked
- 80% wheat and grain free
- Designed specifically to bring you to optimal health and vitality

Makes a great gift for:

- Birthdays
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- Christmas
- Anniversaries
- Valentines Day
- Etc.

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