

The  
RAW  
SERIES



NOURISHING

# Nut & Milks

by

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## THE BENEFITS OF ALMONDS

High-protein almonds are ideal for sating the appetite in a healthy way. They are rich in monounsaturated fats; much research now links this type of fat with a reduced risk of heart disease. These nuts are one of the richest sources of vitamin E, which seems to protect against UV light damage and Alzheimer's disease. By adding almonds into your healthy lifestyle you can stock up on these important minerals: manganese, which helps the body form strong bones and regulates blood sugar; and magnesium, which is essential for organ, muscle and nerve function, blood glucose control, and regulating blood pressure.

## ALMOND MILK

### *Ingredients*

One cup of raw almonds  
Three cups of water plus water to soak almonds  
1/4 tsp Vanilla powder or the scrapings from one vanilla bean  
1 Medjool date (pitted)  
*Optional:* raw cacao

### *Directions*

Soak almonds overnight (or for 8 hours) to soften. Rinse almonds and put them into the blender. Add the rest of the ingredients. Blend, starting slow and building up to high speed for a few minutes, or until mixture is completely blended. Strain blended milk through a nut bag, squeezing all the milk out before discarding the pulp.

If desired, experiment with adding ingredients like raw cacao to make a chocolate milk.



## THE BENEFITS OF HEMP SEEDS

Hemp seeds have an incredibly concentrated balance of proteins, essential fats, vitamins and enzymes, combined with a relative absence of sugar, starches and saturated fats. This makes hemp seeds one of nature's perfect foods -- a Super Food. Raw hemp provides a broad spectrum of health benefits, including: weight loss, increased and sustained energy, rapid recovery from disease or injury, lowered cholesterol and blood pressure, reduced inflammation, improvement in circulation and immune system, as well as natural blood sugar control.

## HEMP MILK

### *Ingredients*

3 1/2 cups water  
1/2 cup hemp seeds  
3 dates (pitted)  
1/4 teaspoon vanilla powder (or vanilla scrapings from one bean)

### *Directions*

Place all above ingredients into a high speed blender, and blend progressively, increasing speed from slow to high until mixture is well-blended. Put milk through a nut milk bag, squeezing out the liquid. Discard the pulp.

Keep in a sealed glass bottle for up 4 days.



## THE BENEFITS OF CASHEWS

Cashews provide notable health benefits to multiple bodily systems, including your heart, your nerves and your muscles. These little nuts also help to improve your bone and oral health, and can help provide relief from diabetes, anemia and gallstones. And by virtue of their antioxidant defenses, cashews also aid in the formation of red blood cells, and support a stronger immune system.

Cashew milk is the creamiest of homemade nut milks and very refreshing. Since the nuts blend entirely into the water, no nuts go to waste in the process. That also means that the cashew milk retains all of the fiber and nutrients present in the cashews.

## CASHEW MILK

### *Ingredients*

1 cup raw cashews  
3 cups water  
1 tablespoon honey OR yacon syrup  
1 teaspoon vanilla OR vanilla seeds from one vanilla bean  
1/2 teaspoon cinnamon  
1 pinch fine sea salt (celtic or pink Himalayan preferred)

### *Directions*

Place all ingredients into a blender on high until mixture is well-blended (about 45 seconds).

Pour into a bottle to store in the fridge for up to 5 days. Shake bottle well before each use.



Get your FREE wellness consultation with Certified Integrative Nutrition Coach, Joanne Schneider, and see how she can help you achieve your health goals.

FREE CONSULTATION

