

MILK can be Healthy!

As long as you are making a raw nut-milk it can be full of wonderful nutrients that build a strong body. You can make this easily when you use a nut-milk maker or you can make it in a powerful blender but then you have to make sure you stain it well.

Soyabella Nut-Milk Maker: Specifications:

- Stainless Steel Housing
- Enclosed heating element for added safety and easier cleaning
- Motor: 220 Watts Power Consumption: 750 Watts
- Blade Speed: 11,000 rpm
- Capacity: 1.3 L (Approx. 1 quart)
- Weight: 6 lb – Dimension: H12" Diameter8"
- Warranty: 2 Years



On sale in May for \$139.97 (retail \$159.95)

For raw-vegans, Soyabella can make amazing raw almond milk, cashew milk, and other nut milks in as little as 30 seconds.

Raw Almond Milk:

Putting the following into a blender or Nut Milk maker:

- 1 cup almonds that have been soaked 24 hours then drained & rinsed
- 5-6 cups cold water
- 2-4 dates (this will add the sweetness)

Blend on high for a few minutes and it is ready to use if using the Soyabela but if using a blender then strain with cheese cloth or a fine strainer (save the pulp and add it to your flax cracker recipes).



Raw Flax Seed Cereal

Instead of dry cold dead cereal full of additives and sugars let's eat something living and natural full of protein, minerals and vitamins! Take ½ cup raw ground flaxseed and mix with some Almond Milk then sprinkle some coconut, seeds and fruit to make a wonderful yummy breakfast!

Stir until it is the consistency of porridge; add more liquid to get the moisture level you like.

Almond Nog: A great replacement for the traditional Christmas Eggnog.

Ingredients: almonds, dates, bananas, nutmeg, cinnamon

Put the following ingredients in your blender:

- 2 frozen bananas that have been peeled and thinly sliced
- 3-4 cups almond milk (see recipe above)
- 1 tsp. of each: cinnamon & nutmeg

Blend until smooth, serve cold with an extra dash of nutmeg in each glass

Did you know? Almonds are a great snack as they are loaded with magnesium, calcium, vitamin E, potassium, fiber and good fat. They are an alkaline nut which can be added to your daily food intake in many ways, such as in granola, cookies, and pie crusts or as the milk for a great smoothie!



Easy Smoothie Popsicles

Serving size: makes two large 10/12 oz. glasses

Hint: when they have the over-ripe bananas on sale I buy a few to have them on hand in my freezer and they are usually priced cheap!

I like to freeze my bananas whole and slice them when I need them.

Try any one of these Smoothie recipes to make fun Popsicles!

Strawberry Smoothie:

Put the following in your blender:

- 1 ripe frozen banana thinly sliced
- 1 cup fresh or frozen berries (raspberry, strawberry, blueberry)
- 2 cups raw almond milk
- 2 tbsp fresh ground flax seed

Blend on high until a smooth and creamy texture.

Pour this mixture into your Popsicle mold and freeze for 8 hours or overnight.

Serve fresh from the freezer and enjoy!

Hint: to get the Popsicle out of the mold sit in warm water for a few minutes and they slip out.



Café Latte: You don't need Starbucks when you can make this easy recipe.

Ingredients: bananas, herbal coffee, nutmeg, cinnamon, almond milk

Method:

Make a 4 cup pot herbal grain coffee substitute (I use the Teeccino® brand)

Put the following ingredients in your blender:

- 2 bananas that have been peeled and thinly sliced
- 3-4 cups hot herbal coffee
- ½ tsp. of each powder: cinnamon & nutmeg

Blend until smooth, serve hot in a mug.

- Add almond milk (1-3 tbsp)

This can also be made as a cool summer drink by using frozen bananas and letting the coffee cool before using it, pour over ice to serve.

Cool Summer Chocolate Mint Milkshake

Ingredients: bananas, dates, almond milk, carob powder, nutmeg, cinnamon, mint, vanilla

This is a much healthier version of the popular milkshake.

Put the following in your blender, blend on high until creamy:

- 2 bananas
- 4-6 dates
- 2 cups almond milk (see recipe above)
- 1 tsp. of each — cinnamon and nutmeg
- 1 tsp. vanilla
- 2-3 fresh mint leaves
- 3 tbsp. carob powder

Serve cold in a tall frosted glass that has been in the freezer.

