

## Nut Milk

Nut milk is a raw food staple. It is quick to make, delicious as a chilled drink, and used in many recipes.

**1 cup raw almonds (or you can make nutmilk using other raw nuts)**  
**2 cups water**  
**6 or more pitted dates**  
**1/4 tsp sea salt**



Blend the nuts and water in a blender for around 30 seconds. Pour the mixture through a fine mesh bag or juice bag\*, or into cheese cloth and squeeze to strain it and separate the pulp from the milk. Almond milk is good just like this, but adding some sweet and salt makes it even better. Put the milk back into the blender and add 6 dates and 1/4 teaspoon of salt. Taste it, if you like it sweeter keep adding dates 2 or 3 at a time until it is as sweet as you would like. You can also use one or more tablespoons of honey to sweeten it instead of the dates.

The left over pulp can be made into cookies or crackers in a dehydrator, or made into many kinds of confections by adding such things as: raw carob powder, honey, chopped apple, dates, cinnamon, banana, coconut - then made into small balls or bars. Try some experimenting with it!

## Nut Milk Smoothie

**2 cups of nut milk**  
**2 small bananas**  
**8 sweet, ripe strawberries**  
**1/4 teaspoon of sea salt**  
**10 pitted dates or**  
**2 Tablespoons raw honey**

Blend all the ingredients in a blender until smooth. Tastes best cold - chill in the refrigerator, or use frozen bananas.

**Variations** - You can use nutmilk with lots of different fruits to make delicious smoothies. Try: blueberries, raspberries, pineapple, peaches or mango.