

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Nut Milk Recipe

Ingredients

1-2 Cups of Cashews

2-4 Cups of Water



Instructions

To make a nut milk first select what nuts you'd like to try or even experiment with. I use mainly raw cashews and almonds which give a nice creamy consistency. You can also use Brazil and hazelnuts too although the Brazil tends to be higher in fats. Hemp seeds are extremely nutritious too. Try them all!!

To prepare the nuts soak overnight in sufficient water to soften and release the enzyme inhibitor.

Next morning pour off the water and put the nuts into a blender or better still a Vitamix which does the job of breaking down the nuts very efficiently.

Add 2-3 cups of clean water to the Vitamix – The ratio is 1:2 ie double the amount of water but you can vary this according to desired texture. Experiment and vary accordingly.

Pulse in your blender or if you use a Vitamix slowly turn up to ten on the low gear and let run for a minute or so. Let sit for a few minutes allowing the nutrients to flow out into the liquid and then turn on again at full burst for about 30 seconds.

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You then pour off the liquid through a nut milk bag or a piece of muslin cloth. Make sure you thoroughly squeeze the bag of all the liquid. Pour off the milk into a clean bottle and keep refrigerated.

The remaining nut pulp can be used to make a cheese or as the base for a creamy mayo or even use this for raw desserts. More about the uses of the paste in *"The Raw Food Revolution - 30 Days to a Raw Food Lifestyle"*, my 30 day fast and easy recipe videos and menu guides.

Nut milk, especially almond is a great alternative for children who suffer from dairy intolerances.