



## Strawberry Almond Mylk Shake

### Remedy Bliss In the RAW – Living Foods Naturally

6<sup>th</sup> November, 2011

#### Preparation

Soak almonds overnight

#### Ingredients

2 cups soaked almonds

6 cups water

¼ tsp sea salt (or any 'good' salt)

1-2 punnets strawberries (depending on how berry flavoured you desire it)

honey to taste (preferably a local, RAW, UNFILTERED honey)

vanilla (optional)

ice cubes

#### The makin'

Ensure you have rinsed your soaked almonds well.

Place them into a blender with water and salt and blend on high speed until finely ground.

Pour contents into your nut milk bag or muslin cloth, which you have placed over a bowl or jug.

Gently squeeze/massage until you have 'milked' out as much as you can.

NB - This process can be repeated with the left-over nut pulp, however if you blend the pulp again with water, use half the quantity of water and be prepared for a less creamy batch.

Pour 'milk' back into blender and add remaining ingredients and blend until light & fluffy.

Taste to make sure you have the right balance of flavours.

Add ice-cubes and blend.

Serve your 'chilled' strawberry Mylk-shake straight from your blender.

#### Additional suggestions

Use any seasonal fruit to flavor your shake

Use other nuts or seeds singly or in combination – make sure you soak them first

Pour contents into icy-pole molds for delicious home-made ice-creams

The more seeds or nuts you add in ratio to water, the creamier your mylk will be.

### ASFM SHOPPING LIST

#### Ingredients

strawberries

almonds

honey

#### Stallholders

Hillside Farm Strawberries

Taronga Orchard

Doo Bee Honey, Honey Lady