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LIVING FOODS FOR
OPTIMUM HEALTH



Hippocrates
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Holiday Nog

- 230g / 1 C. Almonds (soaked overnight)
- 230g / 1 C. Sunflower Seeds or Pine nuts (soaked overnight)
- 4 C. water (1 Cup = 230ml)
- ½ Tsp ground Nutmeg
- ½ Tsp Cinnamon
- 4 Dates (pilled and soaked overnight) – add additional 2-4 dates " IF" necessary for a sweeter taste
- 30ml (2 Tbsp) Alcohol – FREE Vanilla extract

In a blender, prepare milks separately:

- 1)** Almond milk – Blend 230g Almonds with 2 cups of water. Pour / squeeze through muslin bag.
- 2)** Sunflower seed or Pine nut milk – Blend 230g sunflower seeds or pine nuts with 2 cups of water. Pour / squeeze through muslin bag.
- 3)** Add dates, vanilla, nutmeg and cinnamon in a blender. Blend well. Keep in refrigerator (2 days).
- 4)** Use pulp as is in crackers / dressings, etc. or Dehydrate pulp. Put in a dry blender. Put through a sieve or sifter. Save for other uses.
- 5)** Enjoy!

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