

Please reply to:

- England
- Portugal



**JILL SWYERS**  
LIVING FOODS FOR  
OPTIMUM HEALTH



Hippocrates  
Health Educator  
& Culinary Consultant

~  
*Educadora de Saúde do  
Instituto Hippocrates  
e Consultora Culinária*  
[www.jillswyers.com](http://www.jillswyers.com)

## Holiday Nog

- 230g / 1 C. Almonds (soaked overnight)
- 230g / 1 C. Sunflower Seeds or Pine nuts (soaked overnight)
- 2 C. water (1 cup = 230ml)
- ½ Tsp ground Nutmeg
- ½ Tsp Cinnamon
- 5ml Liquid Stevia (5ml = 1 tsp)
- 30ml (2 Tbsp) Alcohol – FREE Vanilla extract

In a blender, prepare milks separately:

- 1)** Almond milk – Blend 230g Almonds with 1 cup water. Pour / squeeze through muslin bag.
- 2)** Sunflower seed or Pine nut milk – Blend 230g sunflower seeds or pine nuts with 1 cup water. Pour / squeeze through muslin bag.
- 3)** a. Add 5ml Stevia, vanilla, nutmeg and cinnamon in a blender.  
b. Blend well and taste. Add another 5ml of Stevia if necessary.  
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!

---

**Portugal:**

Apartado 3430  
8135-905 Almancil, Algarve, Portugal  
Tel: (351) 91 764 7043  
Fax: (351) 289 393327

[info@jillswyers.com](mailto:info@jillswyers.com)

[www.jillswyers.com](http://www.jillswyers.com)

**England:**

19 Tonsley Road  
London Sw18 1BG, England  
Tel: (44) (0) 20 8870 7041  
Mobile: (44) (0) 7768 081376