

CREAMY ALMOND MILK

2/3 cup raw almonds 1 tsp sea salt (celtic if possible)
1/3 cup unsweetened 1 cup raw oats
coconut

Put in blender the above ingredients; grind into "powder".

Add:

1 Tbsp pure vanilla 1/3 cup raw honey (or Agave Nectar)

Add a little water to blend. Then add more water to make $\frac{1}{2}$ gallon of milk. Strain for smoother texture. This will last about one week in fridge.

Food for thought:

Fresh is always the best! If fresh is not available...try frozen.
Canned foods have little to no value to them.

Agave Nectar: A natural sweetener that is made from the juice of the agave plant. Agave Nectar has a low glycemic index that is beneficial to many but especially diabetics. It never crystallizes and it dissolves easily in cold and hot food/drinks. AND it tastes GREAT!

Time invested in your health is a time worthy investment.
