

# Almond Milk

*Makes 2 1/2 cups milk*

*Almond milk is a wonderful dairy substitute. Drink it plain, use it as a base for smoothies, or serve it over cereal. To make a richer Almond Cream, add only 1/2 cup water at the end, for a total of 2 cups water.*

1 cup whole, raw almonds, soaked 8-12 hours, drained, and rinsed (about 1 ½ cups after soaking)  
2 1/2 cups water  
3 pitted dates, soaked  
1/2 teaspoon vanilla extract, optional

Place 1 1/2 cups of the water and the almonds, dates, and vanilla in a blender. Blend on high speed until very smooth. Add the remaining 1 cup water and blend until smooth. To separate the “milk” from the almond skins and pulp, squeeze the blended mixture through a double layer of cheesecloth or through a sprout bag. Serve at room temperature or chilled. Stored in the refrigerator, Almond Milk will keep for five days. Try freezing it in ice cube trays and use the cubes of almond-goodness in a smoothie!

## Mean Greens Energy Smoothie

Yield: 3 cups (1 large serving)

*Kale is an awesome source of calcium and vitamin C. This is a great drink smoothie for children -when adding it to fruit in a smoothie like this; you can't even taste the kale! (If you use blueberries, the smoothie will be more of a purple/dark color.*

2-3 cups coarsely chopped kale, firmly packed  
1 ¼ cups fresh or frozen strawberries (or any berries you like or are in season)  
1 large ripe banana, broken into chunks  
1 medium-size orange, coarsely chopped  
½ - 1 cup purified water

\* Optional - 1-2 teaspoons green powder

*Combine all of the ingredients in a blender and process until smooth. Add purified water as needed to achieve the desired consistency. Serve immediately.*

