



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Nature's Milk

Ingredient	2 Cup Yield	1 Quart Yield	2 Quart Yield
Cashews	¼ Cup	½ Cup	1 Cup
Almonds	2 Tbsp.	¼ Cup	½ Cup
Spring or Filtered Water	⅓ Cup	¾ Cup	1½ Cup
Non-GMO Soy Milk Powder	1 Tbsp.	2 Tbsp.	4 Tbsp.
Honey	1 Tbsp.	2 Tbsp.	4 Tbsp.
Vanilla	½ tsp.	1 tsp.	2 tsp.
Cool Water	1½ Cups	3 Cups	6 Cups
Dash of Salt			

Soak nuts for about 10 minutes. Blend well in blender. Add remaining ingredients and blend. Continue blending and add the water. Strain and chill. The strained-off material can be added to bread mix.

### Variation For 1 Quart Yield\*

¼ cup sesame seeds (in place of cashews)

No Soy Powder

¼ cup Almonds

2 Tbsp Knudsen's Grape Juice/ Maple Syrup blend (in place of honey)

\*This is less rich and has less fat; plus it has increased calcium content, due to the sesame seeds.