



NUT MILK BAG



# Save \$\$\$ making your own Almond Milk @ home

- 1 cup dry almonds = 160g
- 1 cup dry almonds when soaked swells to become 1 ½ cups
- Using a ratio of **1 part soaked almonds : 3 parts water** (\*you can use more or less depending on how creamy you like it)
- **1 cup dry almonds makes 1.2L almond milk**

## So, the cost per litre to make your own Almond Milk is ...

\$/kg paid for almonds	\$10/kg	\$15/kg	\$20/kg	\$25/kg	\$30/kg
cost/L almond milk made @ home *	\$1.33	\$1.99	\$2.67	\$3.33	\$3.99



\*\* **Plus** you benefit from **fresh, raw** almond milk with **NO** preservatives, artificial sweeteners or additives

Compare what you currently pay for packaged almond milk & add up the savings you will make ... invest in your health today.

# Get your Living Synergy Nut Milk Bag!