

Living Synergy

NUT MILK BAG



MEDIA RELEASE

A simple new way of making nut milk and fresh juice

The Living Synergy Nut Milk Bag is a simple way of nourishing yourself with real, fresh, living food. It allows you to make milk from nuts and seeds, juice from blended fresh ingredients or to strain excess pulp when using a juicer.

Nut milk is a great alternative for those sensitive to dairy, and making it with the Living Synergy Nut Milk Bag is easy. Simply place nuts/seeds in the blender, add water and blend until finely ground. Place Nut Milk Bag over the top of a jug or bowl and pour the contents of the blender in. Massage until you have milked all you can.

The milk is nutritious and delicious on its own, or can be blended with fresh fruit and other ingredients to make wonderful dairy-free smoothies. Every Living Synergy Nut Milk Bag comes with colour instructions and a recipe booklet. Making almond milk this way costs a fraction of that bought in stores – and it's fresher, has no preservatives or additives, and is more nutritious too.

The Nut Milk Bag is also a clean and efficient way of making juice with a blender, especially a Vitamix or Thermomix. Simply blend the produce, adding a little water if necessary. Place the Nut Milk Bag over the top of a jug or bowl and pour the contents of the blender in, massaging to extract all the nutritious and delicious juice.

You can use the bag to extract up to 50 per cent more juice from the wet pulp left over when using some cheaper juicers and to remove any excess pulp from the juice to make it silky smooth as well!

The Nut Milk Bag is easy to clean too – just turn inside out and rinse under the tap. It's also strong and long-lasting.

The Living Synergy Nut Milk Bag is a must for anyone interested in living a healthier lifestyle, and particularly for those interested in a plant-based raw diet.

It's attractively packaged and makes a lovely gift, offering many new ways to help you lead a healthier life.

The Living Synergy Nut Milk Bag is \$17.95 and is available from a selection of health food/organic stores and raw food cafes around Australia. For a list of stockists, and for more information, including video demos, visit www.nutmilkbags.com.au

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For media information, interviews and high-res images, contact Jenny Keenan or visit the Living Synergy media page at www.livingsynergy.com.au/contact/media/

Notes to the editor:

Specifications: Bags are made of polyester with a drawstring, and measure 30cm x 28cm. They are individually boxed with colour instructions and a recipe booklet, and come in a display box of 10.

You can make nut milk from any nut or seed, including almond, brazil nut, pistachio, pumpkin and sunflower seeds. The milk will keep in the fridge for three days.

Living Synergy also runs health-giving lifestyle immersion retreats, from Jenny's home in the beautiful South West of Western Australia. For further info, inspiration, a resources hub, her online shop and to receive her complimentary monthly Find Your Flow Ezine, visit www.livingsynergy.com.au

