

Do you know you can make milk from nuts and seeds?

Now you can do this quickly and easily while at home with ... the **Living Synergy Nut Milk Bag!**

What is a Nut Milk Bag you might ask? It is a handy tool that helps you **make fresh, living and nutritious milk from a variety of nuts and seeds.** You can also use it to make juice from fresh ingredients, by blending and then straining the juice through the bag. Yet another use is to grow sprouts in it.

Back to the nut/seed milk ... **3 easy steps** is all it takes ...

- **SOAK** soak your nuts of choice in enough water to cover them, even as they swell
- **BLEND** rinse and strain thoroughly before putting in the blender with some water then blend
- **STRAIN** strain through the Nut Milk Bag and 'milk' it with your hands

You can **use most nuts/seeds including almonds** (the most neutral and widely used for nut milk), **brazil, pecan, walnut, pistachio, sesame, sunflower, pumpkin** etc ... Make sure they are **raw** and **unsalted**.

Those with brown skins have enzyme inhibitors and require **soaking for at least 6 hours** (overnight is easy) and then a good rinse. The fattier nuts like macadamias and cashews don't require soaking, although it can make them a little creamier depending on what you are using them for.

Use between 2 to 6 parts water to 1 part nuts/seeds. The less water, the creamier the milk will be.

You can **sweeten** and **flavour** the milk with **honey, dates, vanilla etc...**, by either adding them in the blender before you strain the milk, or blending into the milk when you are making a smoothie or whatever else takes your fancy.



Living Synergy

NUT MILK BAG

It is easiest to put the **Nut Milk Bag over a large jug to strain the milk**. A bowl is also fine, although I would recommend one with a lip for easy pouring once the milk is strained. The nut milk will keep in the fridge for up to 3 days.

You can use the milk for smoothies, soups, over granola, raw ice-cream or anywhere else you would normally use milk. My favourite is to blend with a mix of fresh and frozen ripe bananas and perhaps mango, strawberries, frozen raspberries, vanilla, dates and cinnamon. Your options are endless and only limited by your imagination.

Play around and see what you like. Your body will love this real, live food, free of additives and preservatives that hasn't been heated to high temperatures.

It makes a **great alternative for those who are sensitive to dairy**. If you know anyone who is, why not pass the info on?

The Nut Milk Bags come nicely packaged in a box with a coloured instruction and recipe booklet including photos. **A lovely gift idea too!**

They are available to buy on my website as well as a variety of stores across Australia.

You will find **video demos, photo gallery** and a **list of stockists** in your area at ...

www.nutmilkbags.com.au

RRP \$17.95

Enjoy your yummy creations!