

Sweet Almond Milk

Sweet Almond Milk is used for bottled almond milk-based drinks. If you make excess Sweet Almond milk and it is about to expire, you can use to make almond milk ice cubes or use it for smoothies.

2 cups	Soaked Almonds*
5 cups	Filtered Water
9	Dates
1/4 tsp	Himalayan Salt

*** Fill 18QT blue bin with 8qts of almonds & fill container with cold water and store in fridge overnight.**

Blend contents into a blender for approximately 30 seconds. Contents need to be well blended, but not blended too long because it will be too thick to press.

Fill a large container with blended mixture and then pour about 6QT of mixture into the milk press bag. Wait 1 to 2 minutes, for the contents to drain and then press.

BEST BY DATE – 6 DAYS

Sweet Almond Milk Ice Cubes

Almond Milk Ice Cubes are usually made with the store bought **Almond Milk** that we purchase at **Costco**.

However, in the event you have excess **Sweet Almond Milk**, you can make **Sweet Almond Milk Ice Cubes** using the following recipe and use for smoothies.

4 cups	Sweet Almond Milk
4 cups	Filtered Water

Fill ice cube trays with this mixture, freeze to make ice cubes.

Chocolate Milk

8 cups	Sweet Almond Milk
1/2 cup	Chocolate Paste
1 tsp	Vanilla

Whisk contents together thoroughly. Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – See best by date of Sweet Almond Milk.

Chocolate Paste

8 cups	Water
3 cups	Cacao

Mix the water and cacao in a pot. Bring mixture to a very gentle simmer and whisk occasionally. Simmer for about 15 to 20 minutes until mixture becomes thicker, like a paste. Cool mixture before using.

BEST BY DATE – 1 MONTH

Golden Milk

8 cups	Sweet Almond Milk
2 TBSP	Turmeric Paste
1 tsp	Vanilla
1 TBSP	MCT oil or MCT Powder

Whisk contents together thoroughly. Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – See best by date of Sweet Almond Milk.

Turmeric Paste Recipe

2 cups	Turmeric Powder
8 cups	Water
1 tsp	Black Pepper
6 tsp	Ground Ginger
4 tsp	Ground Cinnamon
4 tsp	Ground Cardamom
1 tsp	Salt

1. Combine pepper, ginger, cinnamon, cardamom, and salt in a small bowl. Set aside.
2. Combine turmeric and water in a small pot. Bring mixture to a very gentle simmer and stir occasionally. Simmer until mixture thickens.
3. Once the mixture is thick, add mixed spices and continue to cook and stir on low for 1 to 2 minutes, until you have a thick and smooth paste. Let cool and package in container, **KEEP REFRIGERATED** **BEST BY DATE – 1 month**

Brain Boost

2 cups	Cold Brewed Coffee
6 cups	Sweet Almond Milk
1 tsp	Vanilla
1 tsp	Maca
1/2 tsp	Lion's Mane
1/8 tsp	BrainOn

Whisk contents together thoroughly. Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – See best by date of Sweet Almond Milk.

Power Milk

8 cups	Sweet Almond Milk
1/4 cup	Protein Powder
1 tsp	Vanilla
3/4 tsp	Blue Majik

Whisk about 1/4 cup of sweet almond milk with protein powder, Blue Majik and vanilla until a paste is created. Slowly add almond milk while continuously whisking. Protein Powder and Blue Majik will not blend well unless thoroughly whisked.

Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – See best by date of Sweet Almond Milk.

Matcha Milk

8 cups	Sweet Almond Milk
1 tsp	Vanilla
4 tsp	Matcha

Whisk about ¼ cup of sweet almond milk and matcha until a paste is created. Slowly add almond milk while continuously, vigorously whisking. Matcha will not blend well unless thoroughly whisked.

Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – See best by date of Sweet Almond Milk.

Strawberry Milk

1/2 cup	Strawberry Syrup
7.5 cups	Sweet Almond Milk
1 tsp	Pitaya Powder

Add Sweet Almond Milk to a 4QT container then add strawberry syrup and Pitaya. Adding strawberry syrup first will result in too many bubbles and will be difficult to bottle. Gently whisk contents together thoroughly. Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – See best by date of Sweet Almond Milk.

Strawberry Syrup

3 bags (12lbs)	Frozen Strawberries
2 cups	Maple Syrup
32 oz	Water

Combine all ingredients into a large pot. Bring to a boil and let boil for 10 to 20 minutes. Take off heat, separate into smaller containers and cool overnight in the refrigerator.

The next day, once contents are cooled. Used the milk bag and press contents. **BEST BY DATE – 1 MONTH**

Chai Latte

4 cups	Chai Tea
4 cups	Sweet Almond Milk
1 tsp	Vanilla

Whisk contents together thoroughly. Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – 6 Days.

Chai Tea

16 cups	Filtered Water
2 cups	Coconut Crystals (aka Coconut Palm Sugar)
8	Cinnamon Sticks
4	Whole Star Anise Pods
1 TBSP	Whole Cloves
1 tsp	Ground Nutmeg
1 tsp	Ground Cardamom
3 tsp	Ground All Spice
3 TBSP	Fresh Ginger (frozen shredded)
10 bags	Black Tea

Combine water and coconut crystals in a large pot and bring to a boil. Once boiling, reduce the heat to a simmer. Put in the rest of the ingredients into the pot and simmer for 20 minutes. Make sure it is a gentle simmer, not a boil.

Take off heat, pour contents through a sieve and cool contents completely before using.

BEST BY DATE – 1 MONTH

Pumpkin Spice Milk

7 cups	Sweet Almond Milk
1 cup	Pumpkin Puree
1 TBSP	Fresh Ginger Juice
2 TBSP	Maple Syrup
1 to 1.5 TBSP	Pumpkin Pie Spice

Whisk contents together thoroughly. Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 4 bottles.

BEST BY DATE – 6 DAYS

Probiotic Pina Colada

1 lb (1 package)	Frozen Young Thai Coconut
2 Liters	Coconut Water
6 cups	Pineapple Juice
1/2 tsp	Probiotics

Blend all Coconut and 1 Liter of Coconut Water into a blender on high for 2 minutes until completely blended. DO NOT BLEND PINEAPPLE JUICE IN BLENDER

Pour contents into a pitcher and add the Pineapple Juice and Probiotics. Whisk contents together thoroughly. Strain contents through a fine sieve. Pour contents into 16 oz bottles. Makes 8 bottles.

BEST BY DATE – 5 DAYS