

# Herbal Legacy Recipes

## Milk (Almond 2)

### Ingredients:

- \*1/2 cup raw almonds
- \*1 Tbsp flaxseeds
- \*1 tsp lecithin granules
- \*2 Tbsp honey
- \*1/8 almond extract
- \*3 cups warm water

### Directions:

Heat water in a sauce pan. Just before the water boils, put one cup of it in a blender and add the almonds, flax seeds, and lecithin granules. Blend until liquefied. Add the rest of the water slowly. After the mixture is smooth, pour it back into the sauce pan simmer on low heat for 10 minutes stirring constantly. Take off the heat and strain the liquid out. Save the solid portion for breads and desert crusts. Add the honey and almond extract to the liquid. If the liquid (now almond milk) is too thick add more water.

Pour this almond milk on cereal, mix with more honey and cocoa to make a chocolate drink, or use it in any recipe that calls for milk.

Almond milk has much more usable calcium and protein than dairy milk and it is not mucus forming.

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