

## **Beverages**

### **COCONUT ALMOND MILK**

2/3 c. almonds

1/3 c. coconut

1/4 t. salt (or less)

1/4 t. vanilla

3-4 c. water (to desired consistency)

Combine almonds and coconut in dry blender. Blend until fine. Add salt vanilla, and 1 c. water.

Blend 1-2 minutes. Add water to desired consistency (more water=less creamy; less water=more creamy). Strain, If desired.

### **CLEOPATRA**

Blend: 2 T. strawberries (frozen or fresh)

6 oz. papaya or apricot juice

Crushed ice

Try with popcorn for a summer evening meal.

### **PARTY PUNCH**

1/2 banana

2-4 dates

Blend: 6 medium-ripe bananas

46 oz. can unsweetened pineapple juice

3 c. strawberries

1/3 c. lemon juice

Pour Into container and add chilled water and ice-enough to make one gallon of punch.

### **MINTED PINEAPPLE SLUSH**

16 oz. can pineapple chunks, or crushed pineapple

Few sprigs fresh mint or a few drops of mint extract

Blend until smooth. Freeze until slushy. Break up with fork and spoon into dessert dishes.

## MINTED HONEYDEW SLUSH

3 & 1/2 c. honeydew melon

1/2 c. pineapple chunks without juice

Few sprigs of fresh mint or few drops of mint extract

Follow directions for Minted Pineapple Slush. Double the recipe and freeze

In an Ice cream freezer for sherbet.

## NUT MILK

1 c. raw clean cashews or almonds

4 to 4 & 1/2 c. water

1/4 t. salt

2-6 pitted dates

(Optional-use if sweet milk is desired)

Blend nuts with about 1 cup of water until very smooth. Add dates and continue blending, adding water as necessary. Transfer to a 2 qt. pitcher. Stir in salt and remaining water (to consistency desired). Cover and refrigerate. Shake well before using. This milk is excellent on cereal or for cooking. May be strained for drinking, if desired.

## GRAIN MILK

Use recipe for Nut Milk, but *decrease* nuts to 1/2 c. and *add* 1 c. cooked millet or brown rice.

Add sufficient water to yield a total of 6 cups of fluid