

WELL MILK CHART

ALL MAKE 4 CUPS (32 OUNCES)

	BENEFITS	INGREDIENTS	PREP	METHOD	BY-PRODUCTS
ALMOND MILK	Alkalizer Mineralizes deeply Plant protein	1 cup raw almonds 4½ cups water 2 pinches of pink salt 2 teaspoons raw honey, or to taste	Put the dry, raw almonds in a bowl and add enough water to cover. Soak in the fridge overnight.	Drain the nuts and transfer to a blender. Add the water and salt and blend on high for 30 to 45 seconds until the nuts are broken down and the liquid is milky. Don't overblend.	This pulp will be the basis of your most versatile pastry doughs and flours, including the Vanilla Pastry Dough (page 206) and Almond Pastry Dough (page 200).
WALNUT MILK	Brain activator Joy promoter Hormone balancer	1½ cups raw walnuts 4 cups water 2 pinches of pink salt 2 teaspoons raw honey ¼ teaspoon ground cinnamon	Put the dry, raw walnuts in a bowl and add enough water to cover. Soak in the fridge overnight.	Drain the walnuts and transfer to a blender. Add the water, salt, honey, and cinnamon. Blend on high until the nuts are broken down to a pulp and the liquid is milky, about 45 seconds.	Dehydrate the pulp and use in brownies, granola, and streusel.
BRAZIL NUT MILK	Beauty food Brain activator Energy food	1 cup raw Brazil nuts 4 cups water ⅛ teaspoon pink salt	Put the dry, raw Brazil nuts in a bowl and add enough water to cover. Soak in the fridge overnight.	Drain the nuts and transfer to a blender. Add the water and salt and blend on high until the nuts are broken down to a pulp and the liquid is milky, about 45 seconds.	Dehydrate the pulp and use in any of my pastry recipes; it's lighter in color and makes for pretty baked goods. The flour also adds a distinctive flavor to pancakes that is great with maple syrup.
HAZELNUT MILK	Alkalizer Beauty food Brain activator	1 cup raw hazelnuts 4 cups water Generous pinch of pink salt	Put the dry, raw hazelnuts in a bowl and add enough water to cover. Soak in the fridge overnight.	Drain the nuts and transfer to a blender. Add the water and salt and blend on high until the nuts are broken down to a pulp and the liquid is milky, about 45 seconds.	I love hazelnut pulp as much as the milk and will often go straight into hazelnut brownie mode rather than dehydrate it.

PUMPKIN SEED MILK	Hormone balancer Mineralizes deeply Brain activator	1 cup raw pumpkin seeds 4 cups water 1½ teaspoons raw honey ¼ teaspoon pink salt	Put the dry, raw pumpkin seeds in a bowl and add enough water to cover. Soak in the fridge overnight.	Drain the seeds and transfer to a blender. Add the water, honey, and salt and blend until smooth. Pour the mixture into a fine-mesh sieve or nut bag and strain to remove the solids.	Pumpkin seed pulp would be excellent for breads, pancakes, and pound cakes paired with persimmon and other fall flavors.
LAIT DE COCO	Hormone balancer Metabolism booster Brain activator	⅓ cup unsweetened shredded coconut ¼ cup young Thai coconut meat (one 5 x 2-inch strip), fresh or frozen 4 cups water Pinch of pink salt	n/a	Combine all the ingredients in a blender and blend until smooth, about 45 seconds. This milk will have a nice “cream on top” when cold, so shake and stir to evenly distribute.	Refrigerate the pulp for up to a week, or dehydrate and sneak the pulp into chocolate recipes or cookie dough for a hit of fiber.
HEMP AND COCONUT MILK	Brain activator Metabolism booster Hormone balancer	3 heaping tablespoons hemp seeds 4 teaspoons fresh or frozen young coconut 4 cups water Generous pinch of pink salt	n/a	Combine all the ingredients in a blender and blend on high for 45 seconds or until smooth. If you don't have a high-speed blender, proceed as above, blending for an extra 45 seconds, then strain through a nut milk bag. Milk made in a high-speed blender will not require straining.	n/a
SESAME BUTTER MILK	Energy food Mineralizes deeply Beauty food	2 tablespoons raw smooth sesame seed butter 4 cups water 2 teaspoons raw honey Generous pinch pink salt	n/a	Combine all the ingredients in a blender and blend on high until completely smooth, about 45 seconds.	n/a