

RECIPE | DIY Plant-Based Milk

Makes 4 servings

1 cup almonds, soaked overnight in water
1/4 cup hemp seeds
1/2 cup shredded unsweetened coconut
1 pitted date
Pinch of sea salt

Blend all ingredients with 4 cups filtered water for 2 minutes. Drain with a sieve or cheese cloth. Store in the refrigerator for up to 4-5 days.

Almond meal can be used for crackers, oatmeal, smoothies, energy balls, and baked goods! Be creative!

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