



# 60 Days to Reclaim YOUR Health

## ALMOND MILK

### Ingredients

- 2 cups almonds soaked overnight and drained
- 5-6 cups distilled water
- 1/4 inch vanilla bean
- 2 or 3 dates, pitted to sweeten (optional)

### Directions

1. Blend in a VitaMix (or other blender) for 2 minutes until a very creamy consistency is achieved.
2. Strain almond milk thru a very fine cheesecloth to remove any remaining pulp.

Shelf life: This can keep for 3-4 days refrigerated or more if frozen

## BANANA STRAWBERRY CHOCOLATE SMOOTHIE

### Ingredients

- 2 bananas
- 1 cup strawberries
- 2 ice cubes
- 1/2 cup cold almond milk
- 2 Tbsp Carob powder or more to taste.

### Directions

1. Blend in a VitaMix (or other blender) and serve.

Making dairy substitutes is easier than you think. Paul and Ann will show you just how simple (and quick) it really is.