



fresh nut/seed milk

1 cup of nuts or seeds soaked in 1-2 cups of water
puree nuts/seeds and soaking water in blender
add 2 cups fresh water and puree again
pour and stir through a fine strainer,
or squeeze through cheese cloth or a nut bag

drink immediately or store in refrigeration to drink later
(remember to mix or stir before using as nut/seed milks settle)

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8555 SW Tualatin Road, Tualatin, OR 97062



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