



## Almond Essence (Paperback)

By Janet L Doane

Seed Publishing, United States, 2005. Paperback. Condition: New. Janet L Doane (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Almond Milk - made from sprouted almonds and other nuts and seeds - is packed with vitamins, antioxidants, minerals, phytochemicals, enzymes, and healthy omega fatty acids. Sprouted almond milk is a safe, not-pasteurized living food that tastes delicious and costs less than most pre-packaged non-dairy beverages. Learn how to make this nutritious milk and use it in all types of recipes. With a blender and a strainer, a quart of fresh almond milk can be made in five minutes (after a few practice runs!). Just follow the quick and simple directions with accompanying photos. Delicious, sprouted almond milk is an environmentally friendly food that can be enjoyed every day in refreshing fruit smoothies, kefir, seed cheese, baking, and cooking. If you are a vegetarian, vegan, lactose intolerant, or simply love to experience new foods, try almond milk today!.

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