

Breakfast	Lunch
	<p>Wednesday Stuffed avocado (veggie cream, ceviche) Crackers (mung beans cracker) Salad</p>
<p>Thursday Chia pudding Smoothie Crackers Butter Fruit</p>	<p>Thursday Raw wraps (Veggie Cream, avocado, no night shade salsa) Onion swirls (topped with avocado and sprouts) Salad</p>
<p>Friday Granola and coconut milk Smoothie Crackers (red lentils crackers) Butter Fruit</p>	<p>Friday Spanish rice Malanga salad Green salad Extra: Eggless omelet</p>
<p>Sabbath Kaniwa cereal and pumpkin seed milk Smoothie Bread (tapioca/sunflower seed) Butter Fruit Extra: Sourdough buckwheat bread</p>	<p>Sabbath Red lentil curry Cooked yucca (topped with coconut sauce) Green salad Extra: Spinach/split pea bread/sandwich</p>
<p>Sunday Amaranth cereal and sunflower seed milk Bread (amaranth) Butter Fruits Smoothie Extra: Quinoa Pancake</p>	<p>Sunday Quinoa-black bean salad Veggie pizza (toppings: pesto veggie chick Crisp, veggie cheese, avocado, dehydrated olives, green onions, onions) Green salad</p>
<p>Monday Quinoa cereal and coconut milk Bread (quinoa) Butter Fruits Smoothie Extra: Donuts</p>	<p>Monday White beans-yucca curry Green salad Extra: Veggie patty</p>
<p>Tuesday Waffle Parfait Butter Smoothie</p>	<p>Tuesday Cassava tacos (Non refried black beans, guacamole, lettuce, no nightshade salsa, shredded no nut veggie cheese) Extra: Overnight cabbage salad</p>

LUNCH Wednesday

Stuffed avocado (veggie cream, ceviche), crackers (mung beans cracker), salad

STUFFED AVOCADO

Cut avocado in half (as many as needed).

Remove most of the avocado meat, leaving a thin rim around the inside of shell.

Mash the meat of the avocado and marinate it with lemon and salt to taste.

Spoon the avocado meat back into the halves.

Top halves with a little raw ceviche and veggie cream.

VEGGIE CREAM

2 C sunflower seeds, soaked

1 clove of garlic

1 Tbsp fresh onion

1 Tbsp lemon juice

1 tsp salt

1 C water

Blend until smooth. Assemble wrap with your choice of fillings. Garnish wrap with lettuce or use shredded lettuce in the filling.

RAW CEVICHE

5 C shredded cauliflower

1/2 C lime juice

2 1/2 chopped cucumber

1 C carrot, shredded

1 C chopped cilantro

3/4 C chopped red onion

Sea salt to taste. Mix all together.

MUNG CRACKERS*** LOW GLYCEMIC NO FATTY ACID SEEDS

2 C mung beans cooked (cooked lentils with 2 tsp salt) and strained

3/4 C shredded coconut

3/4 C flaxseed ground

1 tsp salt to taste

Process shredded coconut, add flaxseed and process more. Add mung beans and process until well mixed. Spread mixture into a thin layer on parchment paper on top of a dehydrator tray. Dehydrate for about 18 hours at 109 degrees F, until completely dry.

Breakfast Thursday

Chia pudding, crackers (red lentil), butter, fruit, smoothie

CHIA PUDDING

½ C chia seed
2 C coconut milk
½ C water
½ tsp vanilla bean
1 Tbsp honey
1 tsp stevia leaf powder
½ C berries

Blend milk, vanilla, honey and stevia. Pour into a 1-liter jar, add chia seeds, and stir. Allow to sit for 5-10 minutes, then stir again. Refrigerate overnight before serving. Garnish with berries.

RED LENTIL CRACKERS*** LOW GLYCEMIC NO FATTY ACID SEEDS

2 C red lentils cooked (cooked red lentils with 2 tsp salt) and strained
¾ C shredded coconut
¾ C flaxseed ground
1 tsp salt to taste

Process shredded coconut. Add flaxseed and process more. Add red lentils and process until well mixed. Spread mixture into a thin layer on parchment paper on top of a dehydrator tray. Dehydrate for about 18 hours at 109 degrees F, until completely dry.

SMOOTHIE

1 Tbsp ground flaxseed
½ C berries
1 apple
2 Tbsp shredded coconut
2 Tbsp carob powder
¾ cup water

Blend all ingredients and serve.

LUNCH Thursday

Raw wraps (veggie cream, avocado, no night shade salsa), onion swirls (topped with avocado and sprouts) salad

ZUCCHINI AVOCADO WRAP***

2 C water
5 C zucchini
2 ½ tsp salt
2 avocados
2 handful of fresh cilantro
1 C flaxseed, ground
1 tsp lemon juice

Blend zucchini, water and salt. Add avocado and the rest of the ingredients one at a time until it is well blended. Spread mixture into a thin layer on parchment paper on top of a dehydrator tray. Shape as tortillas. Dehydrate at 107 degrees F for about 8 hours.

NO NIGHT SHADE SALSA***

¼ C cilantro, chopped
¼ C carrot, shredded
1 zucchini, small
1 cucumber, medium
½ C red onion chopped
1 Tbsp lemon juice
½ tsp salt to taste

ONION SWIRLS ***

3 small-medium yellow onions
¾ C flax seed, ground
¾ C fine shredded coconut
1 Tbsp super antioxidant seasoning
½ tsp salt
½ C water

Cut the onions cross grain with a wide slicing disc (cut about 1/4 inch thick). Set aside. Mix other ingredients (except onion and water) until thoroughly combined. Mix onion and the dry ingredients thoroughly. Add water and mix well. Dehydrate at 109 degrees F for 18 hours.

Breakfast Friday

Granola and coconut milk, smoothie, crackers (red lentil crackers), butter, fruit

RAW BERRY GRANOLA

3 C buckwheat sprouts (sprouted over 2 days, rinsed)
2 apples
2 Tbsp honey
1 Tbsp stevia (ground whole leaf powder)
1 Tbsp alcohol-free vanilla or 1-inch piece of vanilla bean
2 C berries (strawberries or blackberries or a combination)
1 tsp sea salt
½ C sunflower seeds, soaked
½ C pumpkin seeds, soaked
1 1/2 C shredded coconut

Blend apples, honey, vanilla, berries, stevia, and salt. Pour into a bowl. Add the rest of the ingredients. Spread mixture into a thin layer on parchment paper on top of a dehydrator tray. Dehydrate for 24 hours total or until dry and crunchy.

NO SEED CLUSTER (GRANOLA) **LOW GLYCEMIC**

2 apples
2 C berries (strawberries or blackberries or a combination)
1 Tbsp stevia (ground whole leaf powder)
1 Tbsp alcohol-free vanilla or 1-inch piece of vanilla bean
1 tsp sea salt
2 C shredded coconut

2 C flaxseed, ground

Blend apples, vanilla, berries, stevia, and salt. Pour into a bowl. Add rest of ingredients. Spread onto dehydrator trays lined with parchment paper. Dehydrate for 24 hours total or until dry and crunchy.

SMOOTHIE

1 Tbsp chia seeds

½ C berries

1 Granny Smith apple

2 Tbsp shredded coconut

2 Tbsp carob powder

¾ C water

Blend all ingredients and serve.

RED LENTIL CRACKERS* LOW GLYCEMIC NO FATTY ACID SEEDS**

2 C red lentils cooked (cooked red lentils with 2 tsp salt) and strained

¾ C shredded coconut

¾ C flaxseed ground

1 tsp salt to taste

Process shredded coconut. Add flaxseed and process more. Add red lentils and process until well mixed. Spread mixture into a thin layer on parchment paper on top of a dehydrator tray. Dehydrate for about 18 hours at 109 degrees F, until completely dry.

Lunch Friday

Spanish rice, malanga salad, green salad
Extra: Eggless Omelet

RAW SPANISH RICE

1 head of cauliflower
4 green onions, thinly sliced
¼ C shredded carrots
juice of 2 lemons
1 C cilantro, chopped
1 avocado mashed
1 Tbsp super antioxidant seasoning
1 tsp sea salt
2 Tbsp water

With an "S" blade in your food processor add chopped cauliflower pieces and spin to the consistency of rice grains. Place in a large bowl and add the rest of the ingredients. Mix well. Chill and serve.

MALANGA SALAD

2 big malanga chopped in squares, cooked in salt
2 C chopped celery
1 C chopped onion
2 C green onion
1 C chopped parsley
5 Tbsp lemon juice
1 Tbsp salt
2 tsp of dill

EGGLESS OMELET

1 C dry organic golden lentils, soaked and sprouted
1 tsp black Indian salt or other salt
1 tsp onion powder
½ tsp garlic powder
¼ tsp turmeric powder
1 C coconut milk

Soak and sprout lentils (it will double, use it all). Blend ingredients. Pour 1/3 C of the batter and swirl around, use a ceramic frying pan. Cook for 25 seconds, turn over and cook for 15 seconds.

Breakfast Sabbath

Kaniwa cereal, pumpkin seed milk, smoothie, bread (tapioca/sunflower seed), butter, fruit
Extra: Sourdough buckwheat bread

KANIWA CEREAL

1 C dry kaniwa (soaked 12 hours, sprouted 12 hours, then rinsed)
2 C water
½ tsp unrefined salt
½ C milk of choice
½ tsp of honey
1 ½ C berries
¼ tsp of cardamom (optional)
¼ tsp of coriander (optional)

In a saucepan, bring kaniwa, salt and water to a boil. Cover and simmer on low for 60 minutes, until all the water is fully absorbed. Stir often. (Slow-cooking overnight in an Instant Pot will work well - on high setting if available). Serve with a plant-based milk and sweeten with honey (see milk recipe section). Garnish with fresh berries, coriander and cardamom.

SMOOTHIE

1 Tbsp ground flaxseed
½ C berries
1 apple
2 Tbsp shredded coconut
2 Tbsp carob powder
¾ cup water

Blend all ingredients and serve.

TAPIOCA/SUNFLOWER SEED BREAD

2 C tapioca flour
1 ½ C sunflower seed, sprouted (will turn into more than 2 cups, use all)
Salt 1 tsp
1 C boiling water

Grind sunflower seeds in a food processor, add other ingredients and continue processing until dough is formed. Spread the dough on parchment paper on a cookie sheet. Bake at 400 for 15 minutes. Turn over and bake for another 10 minutes.

SOURDOUGH BUCKWHEAT BREAD***

3 C dry buckwheat, sprouted (use freshly sprouted)

1 ¼ C water

1 Tbsp lemon juice

1 ½ tsp unrefined salt

Soak and sprout the buckwheat. Blend all the ingredients. Pour the mixture in a 2-quart Mason jar, cover with a kitchen towel, and let it set for 12 hours. Line your bread mold with parchment paper and pour the mixture in. Bake at 400 F for 1 hour and 15 minutes or until brown. Remove bread from bread mold and let it cool.

Lunch Sabbath

Red lentil curry, cooked yucca (topped with coconut sauce), green salad
Extra: Spinach/split pea bread/sandwich

RED LENTIL CURRY

1 C sprouted lentils (after sprouting will double, use all)

½ inch ginger (put in recipe towards the end)

5 cloves of garlic mashed (put in recipe towards the end)

1 tsp turmeric

½ tsp cumin

½ tsp coriander

2 Tbsp sliced onion

1 tsp salt

Fresh cilantro

Cover lentils with 2 inches of water. Add seasoning towards the middle of the cooking time. Add ginger and garlic toward the end of cooking. Sprinkle cilantro when serving.

COOKED YUCCA

1-pound yucca root (the equivalent of approximately 1-foot by 2-inch diameter of fresh yucca root)

1 tsp unrefined salt

Cut yucca root into 2-inch lengths and remove the brown waxy outer skin carefully with a knife. Split each piece in half and remove the fibrous core. Cut yucca into long strips. Place in a medium saucepan, cover with two inches water and add salt. Cover the saucepan and cook on low heat for about 45 minutes or until tender. When tender but not mushy, drain the residual water.

COCONUT SAUCE

1 C coconut milk

½ tsp salt

1 tsp lemon

1 Tbsp arrowroot

Blend the above ingredients well and cook it until consistency of a sauce.

SPLIT PEA BREAD

1 C green split pea, soaked and sprouted (will double, use all)

1 C spinach, packed

1 tsp Salt

1 tsp garlic

1/2 C flaxseed

3/4 C water

Blend the ingredients above. Bake at 400 F for 20-30 minutes, until slightly brown.

Breakfast Sunday

Amaranth cereal and sunflower seed milk, bread (amaranth), butter, fruits, smoothie
Extra: Pancake

AMARANTH CEREAL

1 C dry amaranth (soaked 12 hours, sprouted 12 hours, then rinsed)
2 C water
½ tsp unrefined salt
½ C milk of choice
½ tsp of honey
1 ½ C berries
¼ tsp of cardamom (optional)
¼ tsp of coriander (optional)

In a saucepan, bring amaranth, salt and water to a boil. Cover and simmer on low for 60 minutes, until all the water is fully absorbed. Stir often. (Slow-cooking overnight in an Instant Pot will work well - on high setting if available). Serve with a plant-based milk and sweeten with honey (see milk recipe section). Garnish with fresh berries, coriander and cardamom.

AMARANTH BREAD

1 C water or as needed
1 ½ C dry amaranth, (soaked 12 hours, sprouted 12 hours, and rinsed; it will double in amount - use all)
1 sweet potato cooked (about 1 C)
3 Tbsp coconut sugar
1 ½ tsp salt
½ C cassava flour or 1 cup arrowroot
1 C ground flaxseed

Blend the amaranth and water. Add sweet potato, coconut sugar and salt and continue blending. In a medium bowl, mix cassava or arrowroot and flaxseed. Add the blended ingredients to the bowl and mix in well. Line a baking tray with parchment paper. Place 1 large spoonful of batter onto the baking tray and continue until finished with the batter. Bake at 400 degrees F for about 35 minutes, until lightly golden.

SMOOTHIE

1 Tbsp chia seeds
½ C berries
1 Granny Smith apple
2 Tbsp shredded coconut
2 Tbsp carob powder
¾ C water

Blend all ingredients and serve.

QUINOA PANCAKES

1 C soaked and sprouted quinoa (size will double, use all)
4 tsp coconut sugar
1 tsp vanilla
1/4 tsp salt
1 C water

Blend the ingredients and pour 1/3 C of the blended mixture into a heated ceramic skillet. The pancake is ready to be flipped when bubbles appear.

Lunch Sunday

Quinoa-black bean salad, veggie pizza (toppings: pesto, veggie chick crisp, veggie cheese, avocado, dehydrated olives, green onions, onions), green salad

QUINOA-BLACK BEAN SALAD

2 C uncooked quinoa, soaked and rinsed in a fine-mesh colander, cooked with 1 tsp salt
2-3 C cooked black beans
1 cucumber, diced
1/2 red or yellow onion, diced
1 carrot, grated
2 large avocados, cubed
1 bunch cilantro, chopped
2 lemons or to taste
1 tsp teaspoon salt, or to taste

PIZZA CRUST

2 C cassava flour
1 ½ sunflower seeds
1 tsp salt
1 C boiling water

Grind sunflower seeds in a food processor. Add other ingredients and continue processing till dough is formed. Spread the dough on parchment paper on a cookie sheet. Bake at 400 for 15 minutes. Turn over and bake for another 5 minutes.

VEGGI CHIK CRISP

1 C dry red lentils. Soak for 12 hours and sprout for 12 hours (red lentils double or more after sprouting, use all).
3 C water
1 Tbsp onion
1 tsp garlic
1 tsp salt
1Tbsp lemon juice

For breading

1 Tbsp onion
1 tsp garlic
1 tsp salt
2 Tbsp flaxseed, ground

Blend well the first 5 ingredients. Bring the mixture to a boil and boil for 10 minutes stirring constantly. Evenly pour mixture between two 9'X13" Pyrex glass containers and freeze mixture overnight. Remove mixture from freezer, defrost and when still cool cut in pieces of 3 X 2 (shape as steak). Squeeze liquid out. Place in mixing bowl and add breading mixture to each piece well. Divide evenly between 2 parchment-lined baking sheets.

BAKE at 400°F for about 10 minutes. Flip mixture and bake it for another 10 minutes until golden brown.

SLICEABLE CHEESE

2/3 C coconut milk (made from 2 C of coconut flaks and 1 C warm water, blend and strain)
2 C raw cashew, soaked overnight
7 Tbsp lemon juice
2 Tbsp onion powder
2 tsp garlic powder
3-4 tsp salt

Blend the above ingredients until smooth. Then place in a saucepan on the stove and add:

2 C cold water

2 Tbsp agar agar powder (not flakes)

Bring the water and agar to boil, stirring constantly. Boil 1 minute. Pour into blender on top of the mixture and blend for a short time. Quickly pour the mixture into a round dish. Refrigerate for at least 30 minutes. Turn upside down onto a plate, slice and then serve.

Breakfast Monday

Quinoa cereal and coconut milk, bread (quinoa), butter, fruits, smoothie
Extra: Bagels

QUINOA BREAKFAST CEREAL

1 C dry quinoa (soak dry quinoa for 12 hours, then sprout for 12 hours)

2 C water

¼ tsp unrefined salt

½ - 1 tsp honey

1 ½ C berries

¼ tsp of cardamom (optional)

¼ tsp of coriander (optional)

2 C plant-based milk of your choosing

In a saucepan, bring sprouted quinoa, salt and water to a rolling boil. Cover, lower heat, and simmer for 15-20 minutes until water is fully absorbed, stirring occasionally.

Serve with milk and sweeten with honey.
Garnish with fresh berries, coriander, and cardamom.

QUINOA BREAD

1 C water or as needed

1 1/2 C dry quinoa, (soaked 12 hours, sprouted 12 hours, and rinsed - this will double, use all)

1 sweet potato cooked (about 1 C)

3 Tbsp coconut sugar

1 ½ tsp salt

1 C arrowroot

1 C ground flaxseed

Blend the quinoa and water. Add sweet potato, coconut sugar and salt and continue blending. In a medium bowl, mix arrowroot and flaxseed. Add the blended ingredients to the bowl and mix in well. Line a baking tray with parchment paper. Place 1 large spoonful of batter at a time onto the tray. Place quinoa rolls onto the baking tray. Bake at 400 degrees F for about 25 minutes; turn over and bake for another 10 minutes until lightly golden.

SMOOTHIE

1 Tbsp ground flaxseed

½ C berries

1 apple

2 Tbsp shredded coconut

2 Tbsp carob powder

¾ cup water

Blend all ingredients and serve.

BAGELS

2 C tapioca flour

1 ½ C sunflower seeds, sprouted (will turn into more than 2 cups, use all)

½ tsp salt

2 Tbsp honey or coconut sugar

1 tsp vanilla

1 C boiling water

Grind sunflower seeds in a food processor. Add other ingredients and continue processing till dough is formed. Form the donuts with your hands. Spread the dough on parchment paper on a cookie sheet. Bake at 400 for 15 minutes. Turn over and bake for another 5 minutes.

Lunch Monday

White beans-yucca curry, green salad
Extra: Veggie patty

WHITE BEAN-YUCCA CURRY

1 large onion, diced
1 tsp grated ginger root
4 cloves garlic, pressed
3 yucca, cubed
1 carrot, cubed
2 C coconut milk
5 C white cooked, sprouted beans (may use peas)
2 tsp salt
2 Tbsp + 1 tsp curry powder*
1 bunch fresh cilantro, diced

Boil yucca, until well done (approximately 40 minutes). Cook carrots until halfway done. Sauté onion with salt until tender, and mix in garlic, ginger, and curry powder. Add 2 Tbsp water. Continue cooking for 1 min. Mix in yucca, beans (or peas), carrot and coconut milk. Cook until carrot is cooked. Add cilantro and save some for garnish.

SPLIT PEA VEGGIE PATTIE

1 C (4.5 oz) yellow split pea, soaked and sprouted (will double, use all)
½ C onion, chopped
2 cloves garlic, chopped
1 Tbsp lemon juice
1 tsp salt
1 handful celery chopped
1 handful parsley chopped
1 handful basil
2 Tbsp flaxseed meal

Process the peas. Add the other ingredients and process until finely ground. Bread with 2 Tbsp ground flaxseed, 1 Tbsp onion powder, 1 tsp garlic powder. Bake at 400F for 15 – 20 minutes. Turn over and bake for 10 minutes or less.

Breakfast Tuesday

Waffle, parfait, butter, smoothie

BUCKWHEAT WAFFLES

1 C dry hulled raw buckwheat groats, (soak 12 hours, sprout 12 hours, then rinse)
½ C dry sunflower seeds, (soak 12 hours, sprout 12 hours, then rinse)
½ C arrowroot powder
1 Tbsp honey
2 tsp vanilla
½ tsp unrefined salt
1 C water
Top with an assortment of berries, kiwis, pomegranates, and green apples, when in season

Soak buckwheat and sunflower seeds overnight and rinse well, sprout 12 hours before using. (They will double in size. Use the entire amount.) Preheat the waffle iron to the highest setting. Place all ingredients in a high-speed blender. Blend all ingredients to a smooth runny batter consistency. Assess after blending. You may need to add up to 1/4 cup more water to make a thinner consistency and a runnier batter. Pour the batter into the waffle iron and bake at the highest setting, until steam is no longer emitted. For our Belgian waffle iron, this takes approximately eight minutes. Serve with berries, kiwis, pomegranates, cut apples, and carob sauce.

PARFAIT

To make a parfait, you simply combine the granola recipe, fruit along with the carob mousse layering each to create a healthy, tasty parfait.

CAROB MOUSSE

It is important that you use a fresh young coconut, because it won't taste the same with dehydrated coconut flakes or a mature coconut.

Scoop out the meat of one young coconut (approximately 1C) OR 1/2 C soaked and sprouted sunflower seeds

1 small avocado
1 Tbsp honey
2 tsp carob powder
½ tsp stevia leaf
1 tsp vanilla
1 C coconut water or pure water

Blend well.

SMOOTHIE

1 Tbsp chia seeds
½ C berries
1 Granny Smith apple
2 Tbsp shredded coconut
2 Tbsp carob powder
¾ C water

Blend all ingredients and serve.

Lunch Tuesday

Cassava tacos (Non refried black beans, guacamole, lettuce, no nightshade salsa, shredded no nut veggie cheese
Extra: overnight cabbage)

CASSAVA TORTILLAS

2 C cassava flour
¼ C coconut flour
1 Tbsp flaxseed, ground
1 tsp salt
½ tsp lemon juice
1 1/3 C warm water (add more as needed to make the consistency of soft playdough)

Process the above ingredients and let set for 10 minutes. Press between 2 pieces of plastic, place in hot griddle. Turn it right away (10-15 seconds?), let the second side brown a bit and turn back over. It should inflate, making a softer end product.

****To make without coconut flour. Omit coconut flour and increase flax seed to 1/3 C.

BLACK BEANS

2 C dry black beans (soaked 12 hours, sprouted 12 hours, yields 5 cups)
2 Tbsp onion powder
2 tsp garlic powder
1-2 tsp of unrefined salt, to taste
1 ½ tsp cumin powder (optional)

1 ½ tsp oregano leaves (optional)

Place black beans into a 2-quart sauce pot and fill with water to one inch above the level of the beans. Add onion and garlic. Bring to a boil and then lower heat and simmer until beans are soft, approximately 1 hour. Add salt and cook for 5 more minutes.

NO NUT SLICEABLE CHEESE

2 ½ - 3 C coconut milk (made from 4 C of coconut flaks and 2 C warm water, blend and strain)

1 C yellow split peas (will double after soaked and sprouted, use all)

2 Tbsp lemon juice

1 Tbsp onion powder

1 tsp garlic powder

2 tsp salt

Blend the above ingredients well. Bring to a boil and boil for 10 minutes. Refrigerate overnight.

OVERNIGHT CABBAGE SALAD

1 C cabbage, shredded

2 C water, purified

½ tsp salt

½ tsp honey (½ tsp)

¼ C lemon Juice

Combine all ingredients in 2 quart mason jar with lid. Shake well and let sit out in room temperature. May use within 12 hours but must refrigerate after 24 hours if not eaten.

Traditional sauerkraut seasonings: dill, coriander and juniper berry

BUTTERS

COCONUT/PUMPKIN BUTTER (OR SUNFLOWER)

1 ½ C shredded coconut
1 ½ C pumpkin seeds, soaked and dehydrated
1 tsp salt (add towards the end)
Process for about 20 minutes until creamy (use food processor)

COCONUT BUTTER

3 C coconut, finely shredded
1 tsp salt (add towards the end)
Process for about 20 minutes until creamy (in food processor)

MILKS

COCONUT MILK

1 C coconut chips/flakes
1 C warm water

Blend the above ingredients well. Strain with a nut milk bag or fine mesh strainer if desired.

SUNFLOWER SEED MILK

1 C sunflower seeds (soaked 12 hours, sprouted 12 hours, and rinsed)
3 C water
1 Tbsp honey
1 tsp Stevia herb (ground whole leaf powder)
1 green apple
1 Tbsp vanilla (alcohol free)

Blend well at high speed. Strain with a nut milk bag or fine mesh strainer if desired.

PUMPKIN SEED MILK

4 C water
1 C pumpkin seeds (soaked 12 hours, sprouted 12 hours, and rinsed)
4 Tbsp roasted carob
1 Tbsp honey or blackstrap molasses
1 tsp Stevia herb (ground whole leaf powder)
2 tsp vanilla extract (alcohol free)
1 pinch of unrefined salt

Blend well at high speed. Strain with a nut milk bag or fine mesh strainer if desired.
Blend all ingredients on high speed. Serve.