

Creative Cooking

THE HOLMES SISTERS DDCC000007

EPISODE 7

FOCUS:
MILK



Eat It

CASHEW MILK

INGREDIENTS

- ½ cup of raw cashew nuts
- 4 cups of water
- 2 Tbsp maple syrup or honey
- 2 tsp vanilla extract
- dash sea salt

INSTRUCTIONS

Soak cashews in water overnight. After soaking, drain and rinse cashews. Blend cashews with vanilla and sweetener on high with 4 cups water. Add more or less water for desired consistency. Makes about 4 cups of milk. Chill in the fridge. Will stay fresh 3 to 4 days.

ALMOND MILK

INGREDIENTS

- 1 cup of almonds soaked overnight
- 2 Tbsp maple syrup or honey
- 4 to 5 cups of water
- 2 tsp vanilla extract
- dash of salt

INSTRUCTIONS

Soak almonds in water the night before. After soaking, drain and rinse almonds. Blend almonds on high with 2 cups water. After 2 minutes blending add 2 more cups of water with sweetener and vanilla. Blend use cheesecloth to strain milk. Makes about 5 cups of milk. Chill. Will stay fresh 3 to 4 days.

Juice It

SWEEP MY COLON SMOOTHIE-CONSTIPATION

INGREDIENTS

- 1 cups apple juice
- 1 cup water
- 1 handful spinach
- 1 red grapefruit
- 1 lemon with seed and skin washed
- 2 Tbsp flaxseed/chia seeds
- 4-7 dates

INSTRUCTIONS

Blend all ingredients in blender.

Wear It

COCONUT OIL HONEY FACE MASK

INGREDIENTS

- 1 Tbsp organic coconut oil
- 1 Tbsp organic raw honey

INSTRUCTIONS

Mix ingredients in a bowl, apply to face. Rinse with warm water.