

A close-up photograph of a clear glass filled with a light-colored, creamy liquid, likely nut milk. A white straw is inserted into the glass, and a small amount of the liquid is being poured from the straw into the glass, creating a splash. The background is a soft, out-of-focus light color.

**NOT MILK?**

**Going 'NUTS' for Milk**  
*The High Vibe Way*

**The Definitive Guide to Nut Milk**  
**Robert Dagger**

# TABLE OF CONTENTS

1 - What <i>IS</i> Nut Milk?	1
2 - Cow's Milk	4
3 - How To Make Nut Milk	7
4 - Nut Milk Is <i>NOT</i> Just Milk	15
5 - Recipes	17
6 - Advanced Resources	83

CHAPTER ONE

# WHAT 'IS' NUT MILK?

**Q: How do you get milk from an almond?**

**A: *Squeeze really really hard!***

Okay, the answer is udderly ridiculous (groan....). But the question is a good one. They sell cow's milk at the grocery store. But they also sell almond milk, cashew milk, hemp milk, sunflower milk – and just how do you get milk from a nut? It's a question we get a lot at High Vibe, so we've written the definitive guide to Nut Milks and why they matter.

Put simply, nut milk is just a blend of soaked nuts or seeds with water, spices, and other optional ingredients to create a liquid that has the consistency of cow's milk – slightly thicker than water, and 4000 times more delicious! You get all the incredible health benefits of nuts, plus a great liquid to pour over cereal or make into shakes or smoothies. Yum!

**I don't have time to soak my nuts!**

While the traditional method of making nut milks at home is to soak for 12 to 24 hours, strain and blend, we understand that busy people don't have the time to soak your nuts and seeds every day. You've got a job, school

and a million other things to keep you busy. Besides giving you the classic recipes in this book, we're also going to show you how ridiculously crazy easy it is to make a nut milk by using raw nut butters as your base, rather than soaking your own nuts.

## What's the big deal about 'Nut Milk'?

Nut milk is made from a variety of nuts and seeds that each offers their own little melody to a chorus of a healthy life. You might not want to sit down and eat a cup of nuts at one sitting but you can get the same benefit by using the milk from those nuts on your cereal or in a shake or dessert. If for any reason you are trying to reduce dairy in your diet, with nut milk you can still get all the proteins, vitamins, minerals and calcium that you'd want. Got Milk? Not milk – *NUT milk!!*

### **HIGH VIBE WISDOM**

*Nut milk can be an incredibly nutritious replacement for dairy in your diet. For instance, sesame seeds contain three times the calcium of milk, ounce for ounce.*

The reason we want you to start making your own awesome nut milks at home is that the store-bought versions, while better than cow's milk, are full of processed sugar and they are pasteurized (boiled quickly to kill germs). Now, we aren't into germs any more than you are, but how much life would you have left in you if you were boiled quickly before breakfast?

## Going Nuts For Milk: The High Vibe Way

Exactly – and none is how much life is left in the nuts and seeds in the milks you buy in the store. We want enzymes! Life force! Living foods! And so we want you to make your nut milks at home, without the life destroying processing and pasteurization that happens to those poor legumes that get sold as nut milk at the local natural foods store.

*“It’s bizarre that the produce manager is more important to my children’s health than the pediatrician.” –MERYL STREEP*

### Superfast Almond Milk

Serves 4

- \* 4 Tablespoon Raw Almond Butter
- \* 4 Cups Warm Water

Put in blender. Blend until smooth. Chill, then enjoy as-is or over cereal.

*“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon”*

**– DOUG LARSON**

## CHAPTER TWO

# COW'S MILK

### **You Don't Look Like A Cow to Me**

Eating the High Vibe way means taking in the right food for your body at the right time. We never suggest eliminating any food from your diet – merely that you consider what the food is and what it will do for you and your energy. Like human milk, cow's milk is an incredible, dense concoction of calories in the form of fat, hormones, and calcium. Plus, cheese and cold milk can be simply delicious.

### **But I LIKE Cow's Milk. And the cows don't mind!**

Unfortunately, most of the cow's milk consumed today is created on what are called "Factory Farms". This is kind of an oxymoron, like "Jumbo Shrimp" or "Honest Politician". Factories are industrial complexes designed to get the most efficient output from the least amount of input. Sadly, the way the cows are treated on most of these "farms" is less than humane. Some of the cows are even treated with a synthetic hormone to make them lactate longer, which can be very uncomfortable and unhealthy for the cows.

### ***But why did everyone say milk is so good for me?***

In theory, cow's milk is not a bad thing. It has calories, fat, and calcium, all good things for us. We drink tons of cow milk every year. Yet osteoporosis

## Going Nuts For Milk: The High Vibe Way

and other bone diseases are growing at an alarming rate. It turns out that drinking too much cow's milk actually takes calcium OUT of your bones. Cow's milk is rich in phosphorous, and when the phosphorous and calcium mix in your insides it actually prevents the calcium from being absorbed by your bones. And because milk is pasteurized before getting to you (heated to kill any remaining nasty bacteria) it can create an acidic condition in your body; and guess what the body draws on to counteract acidic conditions? Calcium! So not only is the calcium in the cow's milk not getting absorbed by your bones thanks to the phosphorous in the milk, now your body is sucking calcium out of your own bones to counteract the acidic conditions created from pasteurization.

### 🌀 HIGH VIBE WISDOM 🌀

*Almonds will balance an acidic body by alkalizing, while also fighting heart disease and high cholesterol.*

*What a nut!*

Milk also contains proteins that are very difficult for many people to digest. This wouldn't be such a problem, except that when your body encounters proteins that are difficult for it to deal with, it will tend to treat them as foreign invaders. This unleashes all kinds of antibodies and immune-system responses (this is what manifests as lactose intolerance).

## One Last Thing About Cow Milk

Because milk is a foreign protein that we tend to consume in large quantities, even in the non-lactose intolerant adult or child it can trigger an allergic reaction. The body will respond with an auto-immune function, typically creating an outpouring of mucus in the throat and nasal passages. This allergic reaction is the cause of many chronic runny noses and throats in kids, and can even lead to bronchial infection, asthma, even ear infections.

When you eat a diet rich in leafy greens and nut milks, and reduce your dairy intake, you get your calcium, minerals, and vitamins without having to worry about foreign invaders, runny noses, or disease. Now let's move on to how to make nut milk. This is the next logical step to take as you reach for excellence and vitality.

## Sunpower Sunflower Milk

Serves 4

- \* 4 Tablespoons Raw Sunflower Seed Butter
- \* 4 Cups Warm Water

Put in blender. Blend until smooth. *Chill, then enjoy!*

***“There are two mistakes one can make along the road to Truth: not going all the way, and not starting.” – BUDDHA***

CHAPTER THREE

# HOW TO MAKE NUT MILK

## Quick and *Easy* Nut Milk

The fastest, easiest way to make soul-satisfying nut milk is to use raw nut butter blended with water. You can add spices if you want. The general idea is to blend one tablespoon of raw nut butter (almond, cashew, macadamia, coconut, and sunflower are all awesome) with one cup of slightly warm water, then blend it in the blender until it's "milky" for each cup of milk you want; four cups of water and four tablespoons of nut butter yields enough for four.

Later in the book we go through various spices and what benefits they offer you, but for now you can stick to simple additions like cinnamon, nutmeg or even a tablespoon of honey to make it sweeter. Start by tasting the nut milk with no added spices or sweeteners; you will be surprised at how fantastic it is just like that!

You **MUST** use the highest quality raw nut butters you can afford for this; High Vibe is an excellent resource for the finest nut butters in the world.

## Soaking & Blending

The more traditional way of making nut milk is to soak raw nuts overnight or for at least six hours, which softens them for blending. You don't have to soak any nuts prior to making the milks; it just can make it easier to blend. Soaking also releases gets rid is the enzyme inhibitor that is coating the enzyme, making it easier to release; but again it is not necessary to soak first.

### **HIGH VIBE WISDOM**

*Soaking can aid in the release of enzymes and soften the nuts, but the High Vibe way is to do whatever is easiest for you. If you don't have time to soak first, just go for it!*

Always use the cleanest most filtered water you can for the soaking. After the nuts soak, you'll blend them in the ratio of one part nuts to three to four parts clean fresh water. For example, if you want four cups of almond milk, soak one cup of raw almonds overnight, then blend them with four cups of pure fresh water. Add a tablespoon of raw honey or pure maple syrup before blending if you want slightly sweeter nut milk.

The taste, vitality, and nutritional content of these simple homemade nut milks blows away any of the processed almond milk, hemp milk, or soymilk you could buy at any store. By soaking and blending, you are literally harnessing the life force of the nuts and then making it even more bio-available

## Going Nuts For Milk: The High Vibe Way

by blending the nuts with liquid. You don't have to use water all the time; you can blend water with organic apple juice, or use all juice. We'll get into more blending and combining in the recipe section, but this is the basis of all soaked and blended nut milk: One part nuts soaked overnight with three to four parts pure fresh liquid, blended until smooth and "milky".

### How to Mix Different Seeds and Nuts for Flavor

Don't limit yourself to one nut or seed at a time. Possible fantastic combinations include coconut and almond, sunflower and cashew, or almond and macadamia nut. Each one of these nuts does something special for your body, and combining them can give you truly soul-and-body nourishing results. You'll see that we've included a special "blended" section in the recipes, to give you some ideas on how to start mixing it up with your nut milk. Have fun – you literally cannot make a mistake.

*“Experience is the name everyone gives  
to their mistakes” – OSCAR WILDE*

### How Sweet It Is

You may find that nut milks and seed milks made from butters or from soaking and blending are sweet enough on their own. However if you need a sweet fix there's ways to do it without overloading your amazing elixir with tons of weird sweeteners like a lot of the store bought nut milks. Being smart about being sweet is the High Vibe way. Raw, vital, amazing versions of all these sweeteners are available at [www.HighVibe.com](http://www.HighVibe.com)

## Going Nuts For Milk: The High Vibe Way

For sweetening, you can try some of the following magically delicious and healthy choices:

### *Sweeteners You Have Probably Heard of:*

#### **Raw Honey**

Don't muck up your fabulous nut milk with pasteurized, processed honey. Get the raw stuff, used for millennia to cure everything from allergies to ulcers. Oh, it's really tasty too.

#### **Agave Syrup**

Besides being the foundation of tequila, the agave plant also gives us agave syrup, a completely vegan sweetener noted for its low glycemic load and high fructose content.

#### **Maple Syrup**

Maple syrup isn't just for pancakes anymore. Made from the sap of the maple tree, maple syrup gets more intense and flavorful the lower the grade and the darker the syrup. Experiment at first with one of the grade A varieties.

#### **Maple Sugar**

Maple sugar is what remains after boiling maple sap to make syrup. It is twice as sweet as regular cane sugar, so keep that in mind when using it as a flavoring in your nut milks.

### Dates

Dates have been a part of the human diet for thousands of years. A kind of berry, dates are known to have a general cleansing effect on your internal systems. And since they are delicious, you can't go wrong using them as a sweetener in your nut milk.

### Raisins

Also known as dried grapes, raisins are a great addition to nut milk based shakes.

### Fruit Juice

You can use apple juice, grape juice, or even orange juice to flavor your nut milk. Simply replace a quantity of water with the same quantity of juice. Try to use fresh organic juice if possible.

*“Everything is a miracle.  
It is a miracle that one does not dissolve in one's bath  
like a lump of sugar.” – PABLO PICASSO*

## Stuff You May Not Know About

### Yacon

Yacon is NOT a new kind of SUV. It IS a Peruvian tuber (plant that grows like a potato or yam). It has a sweet taste almost like an apple. Diabetics prize Yacon syrup because the unique sugars in the yacon plant are in a form that is largely indigestible by humans, meaning it leaves the body undigested. The yacon syrup is also a “prebiotic”; it helps the healthy bacteria in your gut grow, which strengthens the immune system.

### Stevia

Stevia is a sweetener derived from the leaves of plants that are in the stevia genus – about 240 different herbs and shrubs, all relatives of the sunflower plant. It is a very low calorie sweetener. There have been various opinions about whether stevia is safe, so research and decide for yourself. We feel comfortable using it.

### Lucuma Powder

Lucuma is a white Peruvian powder that won't get you 10-20 behind bars. In fact, with its high concentration of niacin, iron, and beta carotene, it might add 10 to 20 years to your life. Okay, that's overstating the benefits, but this is another wonderful, totally natural sweetener with a vaguely maple flavor.

🌀 **HIGH VIBE WISDOM** 🌀

*There is no right or wrong when it comes to making nut milk. Experiment, play, and have fun. Make this a personal journey of excitement.*

**ch-ch-ch-Chia!**

We've all seen the commercials for those awesome little clay planters that grown chia seeds – the Chia Pet! But chia isn't just for petting anymore. This is a mildly flavored seed that packs a crazy powerful punch. It is said that the Natives of the Southwest would take one teaspoon of chia to sustain them for a twenty-four hour march.

The secret of the Chia can be seen if you leave a teaspoon of seeds in a glass of water for half an hour. You'll see that it forms into a gel. This property of chia – the fact that it absorbs up to 12x its weight in water, and forms a fibrous, gelatinous substance – is the secret to why it provides such endurance and why it is such an excellent addition to your diet. By creating a natural hydrophilic barrier between digestive enzymes and the carbohydrates they are trying to break down, chia slows the conversion of carbohydrate into sugar, allowing the carbohydrate energy to be utilized for far longer than it would without the presence of chia.

## Going Nuts For Milk: The High Vibe Way

Chia also contains an incredibly high concentration of oil, oil that helps the body with absorption of essential vitamins and minerals. It even contains boron, which is an important catalyst for the body's absorption of calcium, contributing to stronger and healthier bones.

### Quality Nuts

We'll keep this part short and sweet. The whole point of making your nut milk at home is to make a pure, vital, life-giving option for cow's milk. You don't want to do this with anything but the most live, vital seeds and nuts and butters, you can find. We are extremely careful about the products we carry at High Vibe; we only sell nuts and seeds and butters we would feed ourselves. You can check out our selection on our website at [www.HighVibe.com](http://www.HighVibe.com). If you have a local source you trust, make sure they can tell you when the nuts were harvested, how long they have been in the store, and where they came from. Ultimately, just buy the best you can afford, and if you can't afford highest quality raw nuts then start with whatever you can get your hands on.

### **HIGH VIBE WISDOM**

*Don't be frightened off by the high price of raw organic nuts. Buy what you can afford and get started today, even that means buying non-organic or not raw.*

## CHAPTER FOUR

# NUT MILK IS *NOT* JUST MILK

What? Nut milk is not just milk? No, it's not a riddle. It's a fact. Nut milk can form the basis for everything from creamy sauces, to dessert toppings, to delicious smoothies and shakes.

### How to Make Sauces Out of Nut Milk

One of the easiest ways to make a dressing or sauce out of nut milk is to reduce the amount of liquid you are blending with the butter or nuts. For example, to make a sesame seed dressing, you could blend a cup of sesame seed with one cup of boiling water, and add some oil and lemon. This is basically a recipe for homemade Tahini. You can do the same with almond and water, or any other nut.

### How to Make Desserts and Sweet Toppings

An easy way to make creamy dessert toppings is to soak nuts overnight – for instance, cashews. Then blend the nuts with just a little liquid, as little as possible, and add a little sweetener. You want this to be a thick mixture – think cream, not milk. You can also follow our recipes in the Sweet Treats section for creamy delicious shakes and frappes.

∞ **HIGH VIBE WISDOM** ∞

*One easy way to turn any nut into a cream is to use 1 cup of water to 1 cup of nuts, instead of the usual 3:1 ratio. If that's too thick, just add a little more water.*

### Sesame Nut Cream

- \* 1 cup sesame milk
- \* ¼ cup nut butter of your choice
- \* 6 chopped pitted dates

Blend well and serve over fruit for breakfast, or as a sweet salad dressing.

## CHAPTER FIVE

# RECIPES

All of these recipes create four servings of delicious nut milk, and all can be kept in the refrigerator for a few days. Note that any recipe can be used for any nut, fruit, or other ingredients; in other words, you can use macadamia in an almond recipe, and vice-versa. If a recipe calls for banana, you can try papaya. Try blueberries instead of strawberries. Experiment and have fun.

You never have to soak your nuts; soaking can make them softer and help release enzymes, but don't let not soaking keep you from making milks. Also check out the texture after blending. Some people like to strain their milks and others don't. You can use a fine sieve or nut milk bag to strain. Some nuts are going to leave more solid pieces than others, so just check it out and experiment. You cannot make a mistake.

Most of the recipes start from scratch, though a few call for pre-blended nut milk. In any recipe that starts with raw nuts and water, you can substitute three cups of already made nut milk if you've got it in the fridge. If you want to make a recipe that calls for pre-made nut milk and you don't have any, just use one cup of nuts and three cups of water instead.

## Going Nuts For Milk: The High Vibe Way

Any milk that comes out too thick, simply add some water or juice to get it thinner. And if milk is too thin, you can always add more nuts, or some banana or papaya, to thicken it up. If your milk isn't sweet enough, add a tablespoon of honey, stevia, maple syrup, or the sweetener of your choice. Try lucuma, agave and yacon for a more exotic flavor. Blend and taste again until you get it where you want it. You should treat these recipes as suggestions on the road to making the nut milks that are perfectly satisfying to you.

There are no rules. You can literally "go nuts" and do whatever works for you. Nut milk is incredibly forgiving; and incredibly giving!

***"Abundance is not something we acquire.  
It is something we tune into." - WAYNE DYER***

### **Super-Quick Milks**

You can make nut milk very quickly out of nut or seed butter, water, and some added spices or sweeteners. You can also use non-soaked nuts for fast nut milk, but you will have to strain them through a nut milk bag. The recipes that use nut butter can be made in less than five minutes.

Going Nuts For Milk: The High Vibe Way

### **Super-Fast Almond Milk**

Almond is an alkaline forming nut, which is great for pH balance.

- \* 3 tablespoons raw almond butter
- \* 4 cups water
- \* 1 pitted date OR 1 Tbsp agave nectar

Put everything in the blender, and blend!

### **Wicked Quick Sweet Sunflower Milk**

Sunflower is a fantastic source of protein and naturally sweet.

- \* 3 tablespoons raw sunflower butter
- \* 4 cups water
- \* 2 pitted dates or 1-tablespoon sweetener

Blend!

### **Good Morning Almond**

A fresh, orange inspired way to start the day.

- \* 3 tablespoons Raw Almond Butter
- \* 4 cups fresh Orange Juice

Blend!

## Speedy Sesame Milk

Sesame contains high levels of antioxidants and calcium.

- \* 3 tablespoons Raw Tahini (Sesame nut butter)
- \* 4 cups water
- \* 2 dates

Blend until smooth. Add more water if it's too thick, or more Tahini if it's too thin.

## Spicy Speedy Sesame Milk

Sesame contains high levels of antioxidants and calcium.

- \* 3 tablespoons Raw Tahini (Sesame nut butter)
- \* 4 cups water
- \* 1 teaspoon cayenne or to taste, add cacao for a Mole seed milk!
- \* A little lemon zest
- \* 5 dates

Blend until smooth. Add more water if it's too thick, or more Tahini if it's too thin.

## Speedy Hemp Seed Milk

- \* 3 tablespoons Hemp butter
- \* 4 cups water
- \* 2 dates or maple syrup, agave, honey, lucuma etc

Blend until smooth. Add more water if it's too thick, or more hemp butter if it's too thin.

Add cacao, or carob, vanilla, tocos! Have fun with it.

## Hemp Milk Supreme

- \* 1 cup hemp seeds
- \* 3 cups water
- \* 2 tablespoons cacao powder
- \* 2 tablespoons "toco's" powder
- \* 2 tablespoons of chlorella or any green powder

Sweetener of your choice

Blend and drink. Do not strain.

## Traditional Nut Milk Recipes

These recipes all follow the basic nut milk formula. Soak raw organic nuts for 8 to 12 hours in pure fresh water (or filtered water) if you want – you do NOT have to soak but it does help release the enzymes in the nuts. (Soaking removes the enzyme inhibitors that coat nuts and seeds). Then blend the nuts with liquid – either water or juice – and whatever other additions the recipe calls for. You'll want to use a good blender like a BlendTek. Then strain the mixture through a fine sieve or nut milk bag into a container, and enjoy or refrigerate for up to 2 days.

## Almond Milk Recipes

Almonds are one of the sweetest of all nuts, which is why they are so frequently used in nut milks. They are very rich in calcium and minerals, and are great for supporting any effort to build a strong, healthy body. Because almonds can easily absorb toxins, we recommend you use raw organic almonds to avoid any pesticides or chemicals. Raw organic almonds are available at [www.HighVibe.com](http://www.HighVibe.com).

### Basic Almond Milk

You won't believe how sweet and inspiring this milk is.

- \* 1 cup Raw Almonds
- \* 3 cups pure fresh water

## Going Nuts For Milk: The High Vibe Way

Soak nuts overnight in water for about 8 hours, but no more than 12. Blend in a high-speed blender with 3 cups water until the liquid is frothy and creamy; there will be bits of unbroken nuts floating in the liquid. Strain through a nut milk bag into a bowl or pitcher. Use immediately or store for up to 2 days in refrigerator.

### Sweet Almond Milk

This milk adds the power of apple for sweetness and antioxidants.

- \* 1 cup Raw Almonds
- \* 1 cup Organic or Fresh Apple Juice
- \* 2 cups Pure Fresh Water

Soak nuts overnight in water for about 8 hours, but no more than 12. Blend in a high-speed blender with 2 cups water until the liquid is frothy and creamy; there will be bits of unbroken nuts floating in the liquid. Strain through a nut milk bag into a bowl or pitcher. Stir in 1 cup apple juice. Use immediately or store for up to 2 days in refrigerator.

### Sweet Almond Milk No.2

- \* 1 cup raw almonds
- \* 3 cups water
- \* 5 dates, pitted and chopped
- \* Teaspoon of chia seeds optional

Blend all three ingredients until smooth, strain, and serve.

## Honey Almond Toddy

This is a great warming drink or a relaxing drink before bed.

- \* 4 Tablespoons Almond Nut Butter
- \* 4 cups warm water
- \* 2 tablespoons honey (honey, maple syrup, agave, or yacon)

Blend and serve warm. Garnish with cinnamon or nutmeg if you want.

## Orange You Almond

Combining the vitamin C of orange juice with the nutrition and protein of almond, this is a great drink for your health and skin.

- \* 4 tablespoons almond butter
- \* 4 cups fresh Orange Juice

Blend and serve.

## Vanilla Almond Milk

This delicious recipe is perfect to use on morning cereal or for smoothies.

- \* 1 cup Raw Almonds
- \* 3 cups Pure Fresh Water
- \* 2 teaspoons chopped Vanilla Bean
- \* 1 tablespoon Maple Syrup or other sweetener (honey or maple syrup agave, yacon)

## Going Nuts For Milk: The High Vibe Way

Soak nuts overnight in water for about 8 hours, but no more than 12. Blend in a high-speed blender with 3 cups water, the chopped vanilla bean, and maple syrup until the liquid is frothy and creamy; there will be bits of unbroken nuts floating in the liquid. Strain through a nut milk bag into a bowl or pitcher. Use immediately or store for up to 2 days in refrigerator.

### Spicy and Warming Almond Milk

- \* 3 tablespoons Almond butter, or 1 cup soaked almonds.
- \* 4 cups water
- \* 1 teaspoon cayenne or to taste, add cacao for a Mole seed milk!
- \* ½ Vanilla bean or extract
- \* A little lemon zest
- \* 5 dates

Blend, strain, and serve.

### Vanilla Almond Chai milk

This delicious recipe is perfect to use on cold mornings or cool nights

- \* 1 cup Raw Almonds
- \* 3 cups Pure Fresh Water
- \* 2 teaspoons chopped Vanilla Bean
- \* 1 tablespoon Maple Syrup or other sweetener (honey or maple syrup agave, yacon)
- \* Chai spices

## Going Nuts For Milk: The High Vibe Way

Soak nuts overnight in water for about 8 hours, but no more than 12. Blend in a high-speed blender with 3 cups water, the chopped vanilla bean, chai spices, and maple syrup until the liquid is frothy and creamy; there will be bits of unbroken nuts floating in the liquid. Strain through a nut milk bag into a bowl or pitcher. Use immediately or store for up to 2 days in refrigerator.

### Cashew Milk Recipes

Cashew is technically not a nut, but is actually the seed of the cashew apple. Hailing from faraway lands like Brazil and Mozambique, the cashew is an exotic treat that can make fantastic milk. You'll be getting a healthy dose of magnesium and B vitamins from the cashew along with the silky smooth flavor. You do not have to pre-soak cashews, though we do soak ours overnight. Cashew milk does not have to be strained.

Note that it can be difficult to find organic cashews. If you cannot, then we do recommend that you soak them overnight in water to draw out impurities; discard the soaking water after you are done soaking the nuts.

### Basic Cashew Milk

Simple, pure, and addictive, this may become your favorite nut milk.

- \* 1 cup raw shelled cashews
- \* 2 tablespoons sweetener (Maple Syrup or Agave)
- \* 4 cups pure fresh water

Blend and serve.

## Cashew Later

With the stunning flavor of the world's best vanilla malted, you'll want more of this one later – that's why we call it Cashew Later.

- \* 1 cup raw shelled cashews
- \* 1 tablespoon Vanilla Extract OR ½ fresh chopped Vanilla Bean
- \* 2 tablespoons Maple Syrup
- \* 4 cups Pure Fresh Water

Blend cashews with water until milky. Then add maple syrup and vanilla bean or vanilla extract. Blend and increase water if it is too thick.

## Strawberry Cashew Highest Vibe Milk

- \* 1 cup raw shelled cashews
- \* 2 tablespoons sweetener (Maple Syrup or Agave)
- \* 1 cup strawberries
- \* 1 teaspoon chia seeds
- \* 1 tablespoons mesquite powder
- \* 4 cups pure fresh water

Add a banana for drink that hanuman would love!

Blend and serve.

## Cashew Malted

This is better than the real thing – a nut milk vanilla malted.

- \* 1 cup Cashews
- \* 4 cups water
- \* 1 stick of fresh vanilla, chopped, or one tablespoon extract
- \* 2 tablespoons maple syrup

Blend cashews and water until liquid. Add vanilla and maple syrup and blend again. Strain if desired and serve.

## UN-Egg Nog

At holiday time (or whenever you crave it) this delicious nut milk is a fresh alternative to heavy egg nog.

- \* 4 cups water
- \* 1 cup cashews
- \* 2 tablespoons maple syrup
- \* 1 stick fresh vanilla or 1 tablespoon extract
- \* 1 cored and peeled apple
- \* 1 teaspoon nutmeg
- \* 1 teaspoon cinnamon

Blend water and cashew until liquefied. Add maple syrup, vanilla, nutmeg, cinnamon, and apple and blend again. Taste for flavor and adjust spices as necessary.

Add coriander seed for an exotic Chai like taste!

## Cashew Dream

- \* 3 cups cashew nuts
- \* 6 pitted dates
- \* 3 cups water

Blend until liquid. Strain if desired and serve.

## Cashew Dream No.2

Building on cashew dream, this drink adds vanilla for flavor and dulse for skin-enhancing nutrients.

- \* 3 cups cashew nuts
- \* 6 pitted dates
- \* 3 cups water
- \* 1 tablespoon dulse
- \* 1 teaspoon vanilla extract

Blend until smooth. Serve cold.

## Strawberry Frappé

Served in a frosty glass, this is perfect 3 p.m. summertime refreshment.

- \* 3 cups cashew nuts
- \* 1 cup strawberries
- \* 1 cup papaya chunks or 1 banana
- \* 1 tablespoon honey or agave or dates up to you!

Optional: add cacao powder, carob, mesquite, tequila! Woe did he say what I think he said!

Blend all ingredients and serve cold. Experiment with different nuts and berries.

## Let's Get a Move On Prune Milk

- \* ¼ cup soaked pitted Prunes
- \* 1 cup Coconut Milk or Sesame Milk, cashew or macadamia milk
- \* ½ vanilla bean or vanilla extract

Sprinkle of Cinnamon, or nutmeg

Blend on high until very fine and smooth. Very tasty and moving!

*“There is sweet water inside a tender coconut.  
Who poured the water inside the coconut?  
Was it the work of any man? No.  
Only the Divine can do such a thing.”*

**- SRI SATHYA SAI BABA**

### Coconut Milk Recipes

Coconut has been called the “queen of nuts” because it provides both liquid and solid nourishment. Coconut water is very similar to human plasma and was even used in emergency situations to replace lost blood in World War 2. It can be used to re-mineralize a toxic body as well as providing a great source of fats, energy, and proteins. Young coconuts contain the most protein and nutrients, and so we recommend using young coconut in your recipes, but you can also use adult coconut if you prefer. You can also use shredded coconut but make sure you are buying fresh, pesticide-free pre-shredded coconut if that’s what you choose to do.

### **HIGH VIBE WISDOM**

*If you only have room for one nut to your life, you can’t go wrong with coconut. Young coconut meat and water are two of the most nutritious things on the planet.*

## **How to Open a Coconut**

People easily become frustrated with young coconuts and give up on eating them because opening them is a challenge. Using a machete or butcher knife will make the job an easy task. Initially you probably want someone to assist you but after a couple of attempts you should be perfectly able to do it on your own. Here's one way to do it:

Lay the coconut on a cutting board, or some other hard surface that's safe to cut on.

Lay the coconut on its side so that the top can safely be cut off.

For safety's sake, don't hold the coconut when doing the initial cut (this will keep your fingers intact). The coconuts rest very well on their sides. Let go of the coconut and hold the butcher knife up high. This will give the necessary leverage needed to cut into the shell.

With a swift downward strike, the knife cuts into the top of the coconut. If done correctly, the knife will break through part of the inner hard shell. This is what you want. If you didn't succeed on the first try, just try it again, rotating the coconut if necessary.

Set the coconut up straight after the initial cut to make sure not to lose any water (it may happen anyway, but with practice less and less frequently). If the top of the coconut isn't removed, use the knife to help leverage/pry the top of the coconut in order to allow the water to freely pour into a container.

## Going Nuts For Milk: The High Vibe Way

Cut the top of the coconut off using the knife. If you want, you can pull it off by hand, but this can sometimes get messy.

Use a spoon to scoop the soft white coconut meat out from inside. The water and meat are now ready to use in your favorite recipe.

### Basic Coconut Milk

Full of the sweet tropical flavor of coconuts, this protein rich nut milk will revitalize your body and spirits.

- \* 1 cup shredded coconut or fresh diced coconut
- \* 3 cups hot water

Liquefy on high speed in blender. Strain through nut milk bag into pitcher. Chill and serve.

### What's Up Doc

This delicious nut milk packs a huge antioxidant punch and a big flavor with the addition of carrots.

- \* 1 cup shredded coconut or fresh diced coconut
- \* 1 cup shredded carrot or 2 fresh diced carrots
- \* 4 cups hot water

Liquefy on high speed in blender. Strain through nut milk bag into pitcher. Chill and serve.

## Choco-Nutty

Coconut and carob combine in this heavenly nut milk.

- \* 1 cup shredded coconut or fresh diced coconut
- \* 1 tablespoon carob powder
- \* 1 tablespoon raw honey or maple syrup
- \* 3 cups hot water

Liquefy on high speed in blender. Strain through nut milk bag into pitcher. Chill and serve.

## Carrot Coconut Cocktail

- \* 1 cup fresh coconut or shredded coconut
- \* 2 cups water
- \* 1 cup carrot juice

Liquefy coconut and water. Then add carrot juice and blend briefly.

## Coconut Pineapple Frothy Shake

This shake uses egg white for a frothy flavor.

- \* 3 cups hot water
- \* 1 cup coconut milk

## Going Nuts For Milk: The High Vibe Way

- \* 1 cup pineapple juice
- \* 4 tablespoons honey
- \* 3 egg whites optional and always use farm fresh organic!

Blend until frothy, chill and serve.

## Tropical Vacation

- \* 3 cups coconut milk
- \* 1 cup fresh or dried papaya

blend in cashews or macadamia nuts for a true vacation!

Blend until smooth. Add dates or other sweetener if you want it sweeter.

## Smooth Operator

This delicious smoothie is a pure hit of powerful nutrition.

- \* 1 cup shredded or fresh coconut
- \* 6 pitted dates
- \* 3 cups water

Blend and process until smooth.

## Macadamia Milk Recipes

Macadamias are highly nutritious nuts, containing the highest amount of beneficial monounsaturated fats of any known nut. They also contain calcium, phosphorus, potassium, sodium, selenium, iron, thiamine, riboflavin, niacin, protein, and carbohydrate.

Macadamia is considered a botanical alternative to mink oil because of the particular oil it contains, making it excellent for your skin.

## Macadamia Glow

This drink combines the skin rejuvenating properties of kelp and macadamia. Drink whenever you want to glow.

- \* 1 cup macadamia nuts
- \* ½ cup dried kelp
- \* 1 tablespoon honey
- \* 3 cups water

Blend, strain, and serve.

## Macadamia Monkey

So delicious you will be swinging from the ceiling fixtures.

- \* 1 cup macadamia nuts
- \* 3 cups water
- \* 2 chopped bananas (frozen is ideal)
- \* 2 tablespoons peanut butter

Blend, strain, and serve.

## Macadamia Frappé

this is a very cool, refreshing drink for hot summer afternoons. You can make it with any nuts or berries. Garnish with mint for flair if you want to make it fancy.

- \* 1 cup macadamia nuts
- \* 1 cup fresh berries of your choice
- \* 1 diced papaya or banana
- \* 8 pitted dates
- \* 3 cups water

Blend macadamia and water. Strain and add back to blender. Add berries, papaya or banana, and dates. Blend and add more water if too thick, or more banana or papaya if too thin. Serve cold.

## Macadamia Mint Milkshake

The rich flavor of macadamia gets a refreshing lift from mint in this special shake.

- \* 1 cup macadamia nuts
- \* 3 tablespoons carob powder, or cacao powder
- \* 3 tablespoons raw honey or maple syrup
- \* 2 tablespoons dried peppermint or  
6 drops peppermint oil or fresh mint of course!

Blend all ingredients for 30 to 60 seconds, until liquefied. Serve cold.

## Macadamia mango Meltdown

This is a powerful and delicious shake.

- \* 1 cup macadamia nuts
- \* 3 cups orange juice
- \* 1 cup mango
- \* 2 tablespoons honey or maple syrup

Blend all ingredients until smooth, and enjoy cold.

## Pecan Milk Recipes

Pecan is species of hickory tree. Pecan nuts are known to reduce bad cholesterol, they contain antioxidants, and they are a great source of protein and unsaturated fats.

### Glass of Pie

This is a great hit of antioxidants and protein in a delicious sweet drink that's like pie in a glass.

- \* 1 cup pecans
- \* 1 tablespoon raisins
- \* 2 bananas
- \* 3 cups apple juice

Blend until smooth and serve cold.

### Vanilla Pecan

- \* 1 cup pecans
- \* 3 cups water
- \* 1 tablespoon honey or sweetener of your choice
- \* 1 tablespoon vanilla

Blend until liquid. Strain and serve cold, or over cereal.

### Strawberry Pecan Sensation

Another “pie in a glass” – this one is reminiscent of strawberry pecan pie.

- \* 1 cup fresh strawberries (fresh frozen is ideal)
- \* 1 cup pecans
- \* 3 cups water
- \* 1 tablespoon honey or any sweetener you love  
add mesquite for a way different experience

Blend all ingredients until smooth. Serve cold. Try other berries for a different flavor.

### Banana Pecan Shake

- \* 2 fresh or frozen bananas
- \* 1 cup pecans
- \* 3 cups water
- \* 1 tablespoon honey or other sweetener

Blend water and nuts until liquid, and strain if desired. Then add the bananas and sweetener and blend until smooth.

## Dreamy Creamy

- \* 1 cup pecans
- \* 3 cups water
- \* ½ teaspoon cinnamon
- \* 3 tablespoons sweetener

Blend all ingredients, strain if desired, and serve.

## Sesame

There is a reason sesame has been a staple of the human diet for thousands of years. Besides being an incredible lubricant for your intestinal tract, aiding in digestion and absorption of nutrients, sesame also contains a tremendous amount of protein and minerals.

### **HIGH VIBE WISDOM**

*Sesame is also considered an aphrodisiac and enhancer for men; try sesame milk with honey, another known “Love Nectar”.*

## Basic Sesame Milk

- \* 1 cup Raw Sesame Seed
- \* 3 cups water

Soak seeds overnight. Blend seeds and water until it is creamy and frothy. If it is too thick, add a little more water and keep blending. You can drink as is, or strain to remove the hulls. You don't need to soak seeds.

## "OPEN Sesame"

This drink is packed with potassium, protein, and antioxidants. It's great for energy and to give your skin a glow. And it is totally kidlicious – little ones love this drink.

- \* 1 cup raw Sesame Seed
- \* 3 cups water
- \* 1 banana
- \* 2 pitted dates

Soak sesame seeds overnight. (You don't need to soak seeds, and can use 4 tbs Tahini) Blend all ingredients until smooth and frothy – you can add a little more water if you want. You can strain through a nut bag to remove the sesame seed hulls, or just drink them.

## Black Sesame Soul Shake

- \* 1 cup black sesame seeds or 4 tablespoons sesame butter
- \* 3 cups water or coconut water
- \* 5 dates

## Going Nuts For Milk: The High Vibe Way

- \* 1 teaspoon lucuma powder
- \* Pinch salt
- \* 1 tablespoon cacao powder
- \* 1 tablespoon coconut butter

Blend and drink!

## Sesame Nights

Sesame seeds give that taste of Arabia; carob adds a touch of chocolate. A powerful, sensational awesome drink.

- \* 1 cup raw Sesame Seed
- \* 3 cups water
- \* 5 pitted dates
- \* 1 tablespoon Carob Powder

Soak sesame seeds overnight. Blend all ingredients until smooth and frothy – you can add a little more water if you want. You can strain through a nut bag to remove the sesame seed hulls, or just drink them.

## Semato Cocktail

This is a great pick-me-up, combining the wonderful taste and nutrition of tomatoes with our friend the sesame seed. You could've had a V-8 – thank goodness you had this instead!

- \* ¼ cup raw Sesame Seed
- \* 1 cup water
- \* 2 cups Tomato Juice (Organic)

## Going Nuts For Milk: The High Vibe Way

- \* 1 teaspoon salt
- \* 1 teaspoon pepper
- \* 1 cup ice
- \* 5 pitted dates
- \* 1 tablespoon Carob Powder

Soak sesame seeds overnight. Blend all ingredients until liquefied. Add more water if it's too thick.

## Dress-a-ME

Welcome to your new favorite dressing for salads, sandwiches, and anything else you can put it on. This is so good it would even make a fried tire delicious.

- \* 1 cup hot water
- \* 1 cup Raw Sesame Seeds
- \* 1 cup Cold Pressed Organic Olive Oil
- \* 4 teaspoons vegetable seasoning
- \* Lemon juice to taste

Blend the sesame seeds into the hot water until it is smooth. Remove from heat and add the oil, seasoning, and lemon juice to taste. You can add more water if it is too thick.

## Tahini Shakedown

- \* 1 cup Tahini
- \* 3 cups water
- \* 3 tablespoons honey

Blend and serve.

## Sesame Tonic

This is a great drink for when you feel like you are getting sick.

- \* 3 tablespoons sesame nut butter
- \* 2 cups fruit juice of your choice
- \* 1 cup water
- \* 1 avocado
- \* 1 tablespoon honey
- \* Add cayenne pepper to really get the heebie jeebies out.

Blend until smooth and serve.

## SUNFLOWER

Sunflowers grow on beautiful flowering plants, and are a fantastic source of high-quality protein. They are also full of vitamin D, E, K, and vitamin B. You can soak them as few as two hours if you want, or not at all. You can use the raw, unshelled, un-soaked sunflower in any nut milk recipe. If you do not strain your sunflower milk, it will have the consistency of a milk shake; straining will give you a more traditionally milky texture.

## Basic Sunflower

This protein rich drink is great on it's own or over cereal.

- \* 1 cup hulled raw Sunflower Seeds
- \* 3 cups water

Mix in blender until creamy. Drink as is for a thicker milk, or run through a nut milk bag for a milkier treat.

## Sweet Sunflower

This protein rich drink is another one that is great on it's own or over cereal.

- \* 1 cup hulled raw Sunflower Seeds
- \* 3 cups water
- \* 1 tablespoon raw honey
- \* 1 pinch Celtic sea salt

Mix in blender until creamy. Drink as is for thicker milk, or strain for a milkier treat.

## Mapleflower

Maple and apple combine with the natural sweetness of sunflower to make a delicious treat.

- \* 1 cup raw sunflower
- \* 1 tablespoon maple syrup
- \* 2 cups water
- \* 1 cup apple juice

Blend, strain and serve.

## Raspberry Sunflower Shake

This shake is so delicious and it is a great way for kids to get a ton of nutrition – it's kidlicious!

- \* 1 cup frozen raspberries (any berry will do)
- \* 1-cup grapes
- \* 1 cup sunflower seeds
- \* 2 cups water
- \* 2 tablespoons sweetener (honey or maple syrup agave, yacon)

Blend all ingredients well, and serve cold.

### Vanilla Sunflower

- \* 1 cup raw sunflower
- \* 3 cups water
- \* 1 whole vanilla bean or 1 tablespoons extract

Blend until liquefied and serve cold; great over cereal.

### Sunberry Sensation

- \* 1 cup sunflower seeds
- \* 1 cup berries of your choice
- \* 3 cups water
- \* 1 tablespoon sweetener of your choice (honey or maple syrup agave, yacon)

Blend until liquid, and strain if desired. Serve as a drink or over cereal.

## Walnut Milk

Walnut is an extraordinarily nutritional gift from nature. Not only does walnut contain essential Omega-3's, lending it a hefty antioxidant kick, ounce for ounce walnut contains more protein than eggs.

### Basic Walnut Milk

- \* 1 cup walnuts
- \* 3 cups water
- \* 1 tablespoon sweetener

Blend, strain and serve.

### Banana Walnut Shake

Like a delicious banana walnut muffin, in a glass.

- \* 1 cup walnuts
- \* 2 frozen bananas
- \* 3 tablespoons honey or maple syrup
- \* 3 cups cold water

Blend walnuts and water then strain. Return to blender and blend with bananas and sweetener and serve cold.

## Chocowalla

This delicious shake combines walnuts, banana and carob for a frosty treat.

- \* 1 cup walnuts
- \* 3 cups cold water
- \* 1 frozen banana
- \* ½ cup carob powder
- \* 3 tablespoons honey or other sweetener

Blend walnuts and water, then strain. Return to blender and add banana, carob powder and sweetener, and blend until thick and creamy.

## Berry Walnut

This milk combines the antioxidant and protein power of walnuts with the antioxidants and nutrition of berries.

- \* 1 cup walnuts
- \* 3 cups water
- \* 1 cup blueberries or other berries
- \* 1 tablespoon sweetener of your choice (honey or maple syrup agave, yacon)

Blend walnut and water, strain and return to blender. Blend in berries and sweetener. Great as is or over cereal.

## Fruit, Melon, and Gourd Seed Milks

Fruit, melon and gourds offer seeds that are rich in flavor as well as antioxidants and essential vitamins and minerals. If you are eating fresh fruit, or have some pulp and seeds, mix it up with water, sweetener and maybe some juice for a great way to use what you might otherwise have thrown away.

### Cantaloupe Seed Juice

This is a great use for cantaloupe seeds and pulp.

- \* 1 Cup seeds and pulp from inside cantaloupe
- \* 3 Cups pineapple juice

Blend, strain, and serve.

### Squash Sipper

Squash seeds can be turned into a refreshing drink with this recipe.

- \* 1 Cup squash seeds and pulp
- \* 3 cups pineapple or apple juice
- \* 1 tablespoon honey

Blend, strain and serve.

## Pumpkin Paradise

Pumpkin is a nutritional powerhouse, containing antioxidants, anti-inflammatory properties, and vitamins and minerals. This seed drink harnesses that energy for you.

- \* 1 cup pumpkin seeds
- \* 3 cups water
- \* 1 tablespoon sweetener of your choice

Blend until liquid, strain if desired, and serve.

## Papaya Mama

You can use the pulp from papaya to make this refreshing milk.

- \* 1 cup papaya meat,
- \* 3 cups water
- \* 1 teaspoon vanilla
- \* 1 tablespoon sweetener of your choice

Blend until liquid, and strain. Serve cold.

## Dagger's 'Love-Shack' Shake

Just make this one for people you love or you want to fall in love with you!

Truly an aphrodisiac

- \* 1 cup papaya meat,
- \* 3 cups water
- \* 1 teaspoon vanilla
- \* 2 tablespoons cacao powder
- \* 1 tablespoon sweetener of your choice (I love maple syrup in this one!)

Blend until liquid, Serve cold.

## Blended Nutmilks

For a different taste treat you can blend different nuts and seeds together; you can do this with absolutely any recipe in this book or that you make up. This also gives you a greater variety of nutritional and beauty benefits in one drink. Use your imagination and feel free to mix up the ingredients in any recipe. Here are two special blended nut milk recipes to get you started.

## Sesame Sunstation

With the rich flavor of sesame and the sweet power of sunflower, you'll find this satisfying and refreshing milk.

- \* ½ cup sunflower seeds, soaked for one hour
- \* ½ cup sesame seeds
- \* 3 cups pure fresh water
- \* 1 pinch Celtic or Himalayan sea salt
- \* 2 tablespoons sweetener of your choice

Grind sesame seeds in a coffee grinder, if you have one; if not you can use them as is. Blend all ingredients well until liquefied. Strain through a nut milk bag to remove any hulls from the sesame seeds.

## Tropical Soulpower

The richness of almond and the tropical flavor of coconut make this a vacation in a glass.

- \* 1 cup shredded or fresh coconut
- \* 1 cup soaked almonds
- \* 3 cups pure fresh water
- \* 1 tablespoon sweetener of your choice

Blend all ingredients well, then strain through a nut-milk bag. Enjoy immediately or refrigerate for up to two days.

## Berry Raisin Sensation

This blended milk is a great morning drink as is or on your morning cereal.

- \* ½ cup sunflower seeds
- \* ½ cup macadamia nuts
- \* 3 cups water
- \* 5 tablespoons raisins
- \* ¼ cup berries

Blend all ingredients until smooth.

## Flying Carpet

Coconut, almonds, and walnuts will make you feel like you are flying high.

- \* ½ cup coconut – shredded or fresh meat
- \* ½ cup walnuts
- \* ½ cup almonds
- \* 4 cups water
- \* 2 tablespoons honey

Combine all ingredients and blend until smooth. Strain and serve.

## Sweet Treats

These are great breakfast shakes, frappes, and treats for any time. Using all natural sweeteners adds even more nutritional power to these elixirs. Note that these recipes mostly use already prepared nut milk, so keep some basic almond, cashew, or sunflower milk in the fridge for when you get a craving to fix a sweet treat.

## Anymilk Smoothie

Use any prepared nut milk and any fruit for this recipe.

- \* 3 cups nut or seed milk
- \* 2 frozen banana, chunked
- \* 1 cup any frozen or fresh berries

Add cacao, carob, vanilla etc this is a basic recipe and take it and make it fly the way you would love it!

Blend until thick and creamy and enjoy immediately.

## Rhondine's Dream

(This drink is from a dear friend Rhonda a truly talented actress)

Have a friend ready to catch you when you faint from the outrageous flavor of this incredible treat.

- \* 1-½ cups chilled Almond Milk (Prepared milk)
- \* 1/3 cup soaked cranberries
- \* 3 soaked dates
- \* 1 tablespoon soaked cocoa nibs
- \* 2 tablespoons shredded coconut
- \* 2 ice cubes (optional)

In a blender combine the nut milk, cranberries, dates, half of the cocoa nibs, half of the coconut and the ice cubes. Blend on high until liquefied. Stop blender and add the rest of the cocoa nibs and dates and pulse just a few times so that the last of the nibs and dates remain chewy and crunchy. Pour into a big glass and enjoy!

## Berry Delicious Milk

Use whatever berries you want for this antioxidant rich creamy berry treat.

- \* 2 cups Almond or Cashew Milk
- \* ½ cup Frozen Berries
- \* ½ cup Raisins

Put about ½ cup of raisins into a bowl and let them soak in water for 4-12 hours. Drain the water and blend all the ingredients at high speed.

## DREAMY MANGO

If you can get your hands on a fresh mango, get ready to take a one-way trip to tropical paradise with this kidlicious concoction.

- \* 3 cups water
- \* 2 Mangoes, peeled, de-pitted
- \* 1 cup almonds or sunflower seeds or mix the two
- \* ½ cup pitted dates
- \* 1 vanilla bean or extract to taste

Blend almonds, dates, seeds and/or nuts, and vanilla with 1 to 1 ½ cups water until smooth. Then add remaining water. It's great thick or thin! Will last 3 to 4 days in the fridge.

## Blue, Blue, Blueberry Dream

- \* 3 cups water
- \* 2 cups fresh or frozen blueberries
- \* ½ cup cashews
- \* ½ cup pitted dates (or 2 to 3 tablespoons agave)

Blend all ingredients until "smoothie smooth". Will last 3 to 4 days in fridge.

## Praline Dream

- \* ½ cup pecans
- \* ½ cup pitted dates
- \* 1 tablespoon coconut oil or coconut cream
- \* ½ vanilla bean
- \* Pinch salt
- \* 5 cups water

Blend until smooth. Will last 4 to 5 days in fridge.

## Chocolate Hazelnut Dreamy Dream

- \* ½ cup hazelnuts
- \* 2 tablespoons black sesame seeds or black sesame tahini
- \* 1 tablespoon cacao powder or cacao nibs
- \* Pinch Himalayan salt
- \* 5 cups water
- \* Optional: ½ banana to make it creamy and bananaeeee!

Blend all until smooth. Will last 4 to 5 days in fridge.

## High Vibe Chocolate Shake

What else can we say? Who doesn't love a chocolate shake? Especially one made out of four incredibly healthy ingredients.

- \* 2 cups Almond Milk
- \* 1 frozen Organic Banana
- \* 8 tablespoons Cacao Powder
- \* 3 tablespoons Maple Syrup or Honey

Blend! Enjoy! Make more for your friends!

## Banana Milk

- \* 2 ripe Bananas
- \* ¼ cup pitted dates
- \* ½ cup cashews
- \* ½ vanilla bean
- \* Pinch of Himalayan or Celtic salt
- \* 5 cups water
- \* Add cacao or carob to make it daggerlicious!

Blend it all until smooth. This will keep 2 days in the fridge. You can add a tablespoon of cacao powder or cacao butter before blending to make it a banana chocolate dream. Or add a tablespoon of carob powder for that carob taste. You can even add a little mesquite powder for an extra cool and rich flavor.

## Banana Maple Creampie

This creamy sensation is a great post-workout shake with loads of protein and potassium.

- \* 2 Tablespoons Maple Syrup
- \* 1 ripe banana
- \* 3 cups nut milk of your choice (pre-made nut milk)

Blend until creamy. Serve cold.

## The Kitchen Sink

A little bit of everything goes a long way in this drink.

- \* 1 cup black cherry juice
- \* 1 cup Pineapple Juice
- \* 2 tablespoons soy milk powder
- \* 1 tablespoon shredded coconut
- \* 6 pitted dates
- \* 1 tablespoon honey
- \* ½ cup black walnuts or any nut or seed. I love hazelnuts in this one!
- \* 1 Banana

Blend and serve cold.

### Banana Cinnamon Milk

- \* 2 to 3 ripe bananas
- \* ¼ cup pitted dates
- \* ½ cup cashews
- \* ½ vanilla bean or teaspoon vanilla extract
- \* 2 teaspoons cinnamon powder
- \* Pinch Celtic or Himalayan salt
- \* 6 cups water

Place all ingredients in blender and blend until smooth. Serve with cinnamon stick in the glass. Will keep 2 days in the fridge.

### Buttery Banana Cinnamon Milk

- \* 2 to 3 ripe bananas
- \* ¼ cup pitted dates
- \* ¼ cup cashew butter or almond butter
- \* ½ vanilla bean
- \* 2 teaspoons cinnamon powder
- \* Pinch Celtic or Himalayan salt
- \* 4 cups water

Place all ingredients in blender and blend until smooth. Add a touch of nutmeg to make this one fly. Serve with cinnamon stick in the glass. Will keep 2 days in the fridge.

## Strawberry Coconut Shake

- \* 3 cups strawberries
- \* ½ cup cashews
- \* Pitted dates or maple syrup or agave
- \* 1/2 vanilla bean or extract
- \* 1 tablespoon bee pollen (optional)
- \* 1 tablespoon maca (optional)
- \* 1 tablespoon mesquite
- \* 2 tablespoons coconut oil or coconut cream
- \* 2 cups water

Blend all until smooth. You can use fresh coconut meat or coconut flakes or powder. You can also replace the cashews with pecans or hazelnuts. Will keep 3 to 4 days in the fridge.

## Sesame Shake

Dates and sesame make this a wonderful Mediterranean sensation.

- \* 3 cups Sesame Seed Milk
- \* 2 bananas
- \* 6 chopped dates

Blend until smooth and serve cold.

## Sesame Banana Milkshake

- \* 3 cups sesame milk
- \* 1 sliced banana
- \* 8 chopped dates

Blend until creamy and serve.

(Add cacao powder for a chocolaty sensation)

## Mocka-Chocka Milk

- \* 3 cups nut milk of your choice
- \* ¼ cup raw nuts of your choice
- \* 3 tablespoons carob powder
- \* 1 teaspoon vanilla (bean or extract)

Blend on high until smooth, strain if desired.

Top with a dusting of cinnamon.

## Banana Un-Chocolate Split

- \* 3 cups nut milk of your choice
- \* 3 dates, pitted and chopped
- \* 2 sliced bananas
- \* ⅛ cup of carob powder

Blend on high until creamy. Serve cold.

## Beyond Great Taste

Adding nut and seed milks to your diet are about more than just great taste. These drinks can simply be enjoyed for their delicious flavor, or they can be looked at as a transformative elixir. Each ingredient has its own powerful properties. They are gifts from nature, and literally change the vibration of the cells in your body. Examine how you feel after drinking any of these milks – you may notice that you feel lighter and more energetic.

This is why it is so important to have fun making them, and to create them with no sense of worry or judgment. Each of these drinks has the power to transform you inside and out. Each sip can do wonders for your internal organs and your external organ, the skin. It is no coincidence that almonds, macadamia, coconut, avocado, and sea vegetables like kelp and dulse are as prized for their effects as skin rejuvenators as they are for their taste and internal transformative properties.

 **HIGH VIBE WISDOM**   
*Adding a little dried sea vegetable  
like Kelp or Dulse to your nut milks helps  
with heart health, the immune system,  
and stimulates your metabolism.*

While there are many other ingredients that you can mix and match, what follows is a detailed list of the ingredients we've offered in the above recipes, including their beauty and nutritional transformative properties. We call these Power Foods. Make up your own drinks based on following your instinct about what you think you want to try. Remember, you simply cannot make a mistake. It is not possible.

### Agave

Agave is related to lilies and amaryllis. It was discovered by early inhabitants of the Americas thousands of years ago. Initially used for clothing and food, agave was eventually turned into the basis for tequila. Recently it was recognized that the agave plant's nectar is incredibly sweet, and now agave nectar is available as a sweetener.

### Nutrition

Because agave is primarily made up of fructose syrup, it is far sweeter to the tongue than refined sugar. For this reason, a little bit goes a long way and you can achieve comparable sweetness with less agave, thereby lessening your caloric intake. Fructose is also more digestible in the body, lowering the "glycemic load" of agave compared to refined or raw sugar. This means that you will have less sugar spikes when using agave than when using most other sweeteners. Agave nectar contains no chemicals from the processing of the plant, making it a healthy alternative to sugar.

## Uses

Agave can be used in place of sugar in any recipe. Everything from nut milks, to baked goods, to sweetening your coffee can be accomplished with the delicious Agave nectar.

## How to Select Agave

Depending on the heat and processing method, agave can come out amber, light brown, or clear. The clear agave is processed with the most minimal heat, yielding the highest fructose content. For this reason we recommend clear agave, which you can purchase at [HYPERLINK "http://www.HighVibe.com"](http://www.HighVibe.com) www.HighVibe.com or at a local store.

## Almonds

The almond tree is native to the Middle East, but is now grown all over the world, including in California. Wild almonds are not edible raw; when crushed, they create a toxic acid, so wild almonds are generally roasted or blanched before eating. All almonds you buy in a store are cultivated and can be used raw or cooked.

Sweet almond oil was used medicinally as late as the early 20th century and continues to be a popular carrier for massage oil. Bitter almonds were less popular, due mainly to the fact they contain the toxin cyanide, which had to be removed prior to use. Again, not to worry – almonds sold for consumption are sweet almonds and do not contain cyanide.

## Going Nuts For Milk: The High Vibe Way

Almonds are a versatile and popular nut, appearing in cuisines all over the world as a snack, flavoring, or as part of a dessert. Almonds are a revered nut, and are even mentioned in the Old Testament.

Almonds are an alkalizing food, and the only nut that will alkalize an acidic state in the body.

### Vitamin E

Vitamin E is an important antioxidant that serves many support functions in the body. One ounce of almonds (about 20 almonds) contains 35% of your daily requirement for vitamin E. Almonds are one of the best food sources of the bio-available alpha-tocopherol vitamin E.

### Cholesterol

Almonds have been proven to be very effective at lowering blood cholesterol levels. Nearly 70% of the fat in almonds is monounsaturated and they contain very little saturated fat, moreover, as with all plant-based foods, almonds contain absolutely no cholesterol.

Almonds provide a substantial amount of dietary fiber – nearly 3 grams per ounce – and it is known that fiber can have cholesterol-lowering effects. Arginine-rich protein found in almonds has been documented to have beneficial effects on blood lipids when compared to animal proteins, which further enhances almond's ability to lower cholesterol. Including almonds in your diet can elevate HDL (good cholesterol) by up to 5% and lower LDL (bad cholesterol) by up to 10%.

## Protein

Almonds provide 6 grams of highly digestible protein per ounce. As a protein, almonds are rich in arginine and low in lysine, which means they can reduce the risk of coronary disease. Almonds are the only food source that contains both digestible protein and digestible vitamin E.

## Complexion

Almond's high concentration of vitamin E, unsaturated fats, and essential fatty acids make it great for the skin whether used externally as an oil or ingested.

## How to Select Almonds

Whenever possible used almonds that are raw and unprocessed.

## Carob

Carob is a member of the pea family, and it native to the Mediterranean region. The edible part of the plant is the seedpod. According to legend, St. John the Baptist subsisted on carob in the wilderness.

Carob was such a standard in the Mediterranean that it became the standard for weight in the Middle East – one carob seed was eventually standardized as 0.2 grams, and this measure become known as the karat. In early Byzantine times there was a pure gold coin in circulation called the solidus. The solidus weighed 24 carobs (karats) and so a coin containing 24 karats was known as "pure gold".

Roasted carob has a flavor somewhat like chocolate, and for this reason it is often used as a substitute for people who are allergic to chocolate.

## Nutrition

Because carob is such an incredibly rich food source, it has been called the ideal "survival food". Soldiers have survived for days on nothing but carob. It contains nearly three times as much calcium as milk per 100 grams. The pods are 76% carbohydrate, providing an intense energy source. They also contain about 4% protein as well as substantial quantities of bio-available phosphorous, vitamin A and the B vitamins.

## Carob uses

Carob can be used in place of chocolate or chocolate powder in any recipe. It will give a very similar taste without any allergic reaction.

## Cashew

The cashew is native to Brazil, but is now grown anywhere with a warm and humid climate. Traditionally, cashew bark and seeds have been extracted into "cashew nutshell oil", and used for everything from treating tooth abscesses, to antifungal heel oil, to antivenom, due to its concentration of anacardic acids.

## Protein and Fiber

Cashews are an excellent source of protein and fiber. They are rich in mono-unsaturated fats, which is known to help with cardiac health.

## Magnesium

Cashews are rich in magnesium, which is an essential ingredient for healthy bones and teeth. Magnesium also strengthens digestion and improves flexibility.

## Oleic Acid

Oleic acid is a mono-unsaturated fatty acid, found in very high concentration in olive oil. It is a beautifying nutrient and helps support the health of the skin.

## How to Select Cashews

If you can, buy organic raw cashews that have been handpicked and hand opened. The more gently they are handled on their way to you, the more potent the beautifying and healing properties will be. Of course, use whatever you can get your hands on – there's no way to go wrong with cashews.

## Coconut

Coconut is referred to as the Queen of all nuts. It is known in Sanskrit as "Kalpa Vriksha" – the tree that supplies all that is needed to live. This is no exaggeration. Between providing shelter from huts and homes made with the fronds of the tree, to the nutritionally dense and life-saving liquid inside mature and young coconuts, the coconut could be said to be the plant kingdom's version of "man's best friend".

## Going Nuts For Milk: The High Vibe Way

The water inside a coconut is among the most sterile on earth. As the water is filtered vertically upward through the tree through billions of microscopic fibers, it becomes charged with electrolytes; the water inside young coconuts is the highest source of electrolytes found in nature.

Even more interesting is that young coconut water is chemically identical to human blood plasma. Sterile young coconut water has been used as a blood replacement as recently as World War II.

Mature coconuts – the brown hairy ones we are all familiar with – may or may not contain this life-giving elixir that is found in all young coconuts. Also, while the meat of young coconuts is soft, healing, and full of antioxidants, the meat of older coconuts can be tough and fibrous.

### **Cholesterol**

It has been observed that people from cultures that eat a great deal of coconuts have lower cholesterol and healthier hearts than those that do not. This has been ascribed to the fact that coconuts not only contain no cholesterol, but that coconut oil stimulates the thyroid to convert LDL (bad) cholesterol into various anti-aging and anti-oxidant hormones.

### **Pregnenolone: Nature's Face Lift**

Pregnenolone is a little-known hormone that has been called "the mother of all hormones" for its ability to catalyze the production of many critical reactions in the body. Coconut oil is known to convert cholesterol (LDL) into pregnenolone. Some of the internal results of increased pregnenolone production are increased memory, resistance to fatigue, and anti-anxiety.

Externally, pregnenolone is also a magical elixir. Increased pregnenolone is linked to reduction of sagging skin, reduction of bags under the eyes, and improved skin circulation.

Coconuts ability to stimulate production of pregnenolone cannot be underestimated. You might even say it is "nature's face lift".

## Weight Loss

Diets rich in coconut and coconut oil have been shown to promote weight loss, despite the fact that coconut is rich in fat. This is due to a compound called MCT, which is the source of the fatty acids in coconuts. MCT's are not easily converted into stored triglycerides (aka fat) and the body cannot readily use them to make larger fat molecules (aka you getting bigger). MCT also raises the body fat-burning metabolism while providing energy and feelings of satisfaction.

Ayurvedic (traditional Indian) medicine has long recognized the weight-reducing properties of coconuts. When you add them to your diet you will find that weight-reduction is just one of many wonderful benefits of this magical nut.

## How to Select Coconuts

Whenever possible buy young coconuts. If they are wrapped, check for mold; do not buy any that have any mold on them. If fresh young coconuts are not available, the next best choice is mature coconuts, followed by shredded coconut or coconut powder.

## Macadamia

Macadamia nuts are often associated with Hawaii; however it is actually native to New South Wales, near Australia. Hawaii's macadamia industry got underway in the 1950s and this became the first mass exposure of Americans to the macadamia nut.

## Selenium

Macadamias are extremely high in selenium. Brazil nuts are the only nut with a higher concentration of selenium. Selenium is known to stimulate production of anti-oxidants in the human body, and is thought to be an effective defense against cancer cells.

## Zinc

Zinc appears in nearly all of the enzyme classes in the human body. It is an essential nutrient, deficiency of which can lead to a myriad of internal and external problems. Zinc in proper amounts, such as is found in Macadamia nuts, is a known beautifier and tonic for the skin.

## Palmitoleic Acid

Palmitoleic acid is a monounsaturated fatty acid, which is found in macadamia nuts in the highest concentration in nature. Palmitoleic acid is a naturally hydrating substance that helps prevent breakdown in cellular membranes; for this reason it is a beautifying and hydrating agent for the cells of the skin.

## How to Select Macadamia Nuts

If possible purchase raw, organic nuts. Avoid nuts that look yellow; these have gone bad. Also avoid nut pieces or “split nuts” as these are likely to either be or quickly become rancid. Whole, organic, raw nuts are the best choice. You can find a great source for these nuts at [www.HighVibe.com](http://www.HighVibe.com).

## Pecan

The Pecan tree is a type of hickory, and is native to south-central North America. Spaniards brought the pecan back from North America to Europe in the 16th century. The nuts have a buttery, rich flavor, making them popular as snacks or in desserts like pecan pie. The wood of the pecan tree is also used for furniture production and flooring.

Pecan trees have been known to live, and bear fruit, for up to three hundred years.

## Protein

Pecans are very high in protein, making them an excellent source of non-animal bio-available proteins.

## Cholesterols

The Journal of Nutrition published a 2001 clinical study showing that eating a handful of pecans each day produced cholesterol-lowering effects similar to those obtained from taking cholesterol medications. Based on

## Going Nuts For Milk: The High Vibe Way

this research, and further confirmation achieved in research on the pecan's plant sterols at the University of Georgia, has led to this cautious endorsement from the FDA:

*"Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."*

### Vitamin E

Like almonds, pecans are rich in vitamin E, delivering nearly 10% of the day's RDA of this essential vitamin in just one ounce of nuts. Each cup of whole nuts is about 3 ounces, so you can easily get quite a significant dose of natural, bio-available Vitamin E from a pecan nut milk.

The Vitamin E in pecans (gamma tocoopherol) is an important antioxidant, which may aid in the prevention of prostate cancer and promote intestinal health. Initial research at the University of North Carolina also suggests that Vitamin E may help protect against heart disease, cataracts, and Parkinson's disease.

### How to Select Pecans

Look for plump pecans that are uniform in color. You'll want to buy raw organic pecans if possible.

## Pumpkin

Pumpkin is a gourd like squash. While best known as the source of pie and jack-o-lanterns at Halloween, pumpkin seeds actually pack a powerful nutritional punch and can be a fantastic source of nut milks.

## Tryptophan

It's not just the Thanksgiving turkey putting you to sleep after the football game. One gram of pumpkin seeds contains as much Tryptophan as a glass of milk, making it an excellent ingredient for relaxing nighttime nut milk. Tryptophan is the precursor to serotonin, the "pleasure chemical".

## Prostrate Health

A British Journal of Urology study found that curbicin, a chemical substance found in pumpkin seeds, can significantly improve the symptoms associated with prostate enlargement (benign prostatic hypertrophy, or BPH).

## Breast Cancer

A study published in the British Journal of Cancer in 1994 concluded that supplementation with alpha-linolenic acid – abundant in pumpkin seeds - may prevent or delay development of metastasis in breast cancer patients.

## Arthritis

Pumpkin seeds have potential anti-inflammatory effects that may ease symptoms of arthritis as effectively as the anti-inflammatory drug indomethacin,

according to an animal study published in *Pharmacological Research* in 1995.

## How to Select Pumpkin Seeds

You can either buy raw pumpkin seeds at the store, or use fresh seeds from a pumpkin you've scooped out. You can just blend the seeds with the pulp, then strain for pure pumpkin potency.

## Sesame

Sesame is a seed that is dear to the human race; it has been part of our diet for as long as there has been recorded history, and archaeological evidence suggests that it has been around even longer than that. Sesame even plays a role in Assyrian legend, as the source of the wine the gods drank when they met to create the world.

For us mere mortals, sesame is still an outstanding addition to our diet. These tiny seeds manage to deliver an extraordinarily nutrient dense cocktail of protein, zinc, iron, and calcium – in many cases exceeding the content of animal-based sources for these nutrients.

## Internal Health

Sesame is a traditional prescription for intestinal health, said to relieve constipation and remove worms. It is also known to aid digestion, stimulate blood circulation, and as a general tonic for the nervous system.

## Protein

Sesame seeds are about 25% protein, making them an incredibly rich source of plant-derived proteins. One ounce of raw sesame contains six grams of protein. Sesame loses some of its protein after roasting, so use raw in your nut milk if you can.

## Zinc

Zinc is great for the skin, as well as supporting cellular function in a variety of enzyme classes. Sesame packs a generous 1 mg of zinc per tablespoon.

## Calcium

Here's where it gets interesting: ounce for ounce, sesame contains more calcium than milk. One cup of sesame seeds (what you would use in many of the nut milk recipes) contains 1,400 mg of calcium, while a cup of cow's milk has about 300 mg of calcium. Also, the calcium in sesame is in a more bio-available form than cow's milk, and does not cause the allergic reactions that can happen in some people from lactase-delivered calcium (cow's milk).

## Iron

Incredibly, sesame also contains more iron than liver. One tablespoon of sesame delivers about .60mg of iron; if you are concerned about iron in your diet but do not want to resort to supplements, look no further than a glass of sesame nut milk.

## How to select sesame seeds

We recommend purchasing organic raw unhulled sesame seeds. Roasting the seeds changes the nutrient ratio somewhat, and hulled seeds can go rancid if left on the shelf too long. The hulls on unhulled seeds keep the oil stable and protect from spoilage.

Again, use what is available; do not be deterred if you can only find hulled seeds. We have a great source for raw unhulled seeds at [www.HighVibe.com](http://www.HighVibe.com).

## Walnut

Walnuts are found throughout the world – everywhere from Japan to Europe to the Americas. Walnuts are somewhat similar to almonds in their nutritional properties, but offer a distinct taste of their own.

## Omega-3 Fatty Acids

Walnuts are an excellent source of Omega-3 fatty acids, a fat that is essential for many functions in our body but that can only come from our food. Omega-3 fatty acids are known to help protect against heart disease as well as reducing bad cholesterol levels (LDL). The Omega-3 fatty acids are also anti-inflammatory, and can help you if you suffer from asthma, or skin conditions such as psoriasis or eczema.

## Antioxidants

Walnuts also contain many powerful antioxidants, helping with cellular repair and immune function. These include Vitamin E, and ellagic and gallic acids.

## Protein

Walnuts are packed with protein. In 100 grams of walnut you will find the same amount of protein as in 100 grams of chicken – about 15 grams. 100 grams of raw egg has about 7 grams of protein – one raw egg is about 60 grams, and contains 4 grams of protein. So walnuts are equivalent to chicken in protein content, and nearly double the protein of an egg.

## How to select walnuts

Select raw, organic shelled walnuts if possible. Make sure that the package is sealed, or if buying in bulk smell them to make sure they smell fresh and not rancid. It is best to keep unshelled walnuts in the refrigerator to extend their shelf life.

*“You are not just a meaningless fragment in an alien universe, briefly suspended between life and earth, allowed a few short-lived pleasures followed by pain and ultimate annihilation. Underneath your outer form, you are connected with something so vast, so immeasurable and sacred that it cannot be spoken of – yet.”*

**– ECKHART TOLLE**

## CHAPTER SIX

# ADVANCED RESOURCES

You are now well on your way to making delicious, nutritious nut milk elixirs a regular part of your life. Here are a few resources you may find useful:

### The Blendtec Total Blender

You can make nut milk with any blender, but when you are making it every day you may want to consider The Total Blender from Blendtec. It is simply the best blender on the market. Computer controlled blend cycles make perfect drinks with one-touch operation. We've found no other blender that offers the power, ease of operation, and state of the art engineering capacity of this machine. You can find this online and at [www.HighVibe.com](http://www.HighVibe.com) – search for “blender”.

### Nuts and Seeds

You can get going with nut milk with any nuts and seeds you can find. However to get the full flavor and nutritional punch that these nectars can deliver, you'll want to get nuts as fresh and raw as possible. We offer a great selection of carefully sourced nuts and seeds at [www.HighVibe.com](http://www.HighVibe.com).

Going Nuts For Milk: The High Vibe Way

## Nut Bags

Organic cotton muslin nut milk bags are perfect for straining nut milks. Nut milk Bags are easy to use and clean. [www.HighVibe.com](http://www.HighVibe.com) offers a very inexpensive nut milk bag that is the best we've found.