

Homemade Pistachio Coconut Nut-Milk



½ c. Raw Pistachio Nuts
(you may substitute nuts
of your choice)

**1/4c. unsweetened
coconut flakes**

1 ½ c. Filtered Water

**Sweeten with Maple Syrup, a
Splash of Vanilla** (or fresh vanilla
bean seeds!) **and a pinch of
Real Salt ®**

Soak the nuts and coconut in the water, covered in the refrigerator overnight.

When ready to prepare, pour the contents into a Vita-Mix
or high powered blender until smooth and creamy.

Place a glass bowl or pitcher on the counter, and using a Nut Bag or Cheesecloth,
pour the pureed contents from the Vita-Mix, into whichever you've chosen to use.

Squeeze the liquid out of the nut bag by twisting the bag and allowing the contents
to drip into the bowl until the nut remains are dry and crumbly.

Sweeten and flavor with the maple syrup, salt and vanilla.
Stir and enjoy!

POWERFULLY PACKED RECIPES
WITH MISS REBEKAH
WWW.YOGAJOURNEYS.TV