



Flax Milk (Homemade organic)

Adapted from Healthful Pursuit

Ingredients (6 cups, 6 servings)

- 1/4 cup raw whole flax seeds (organic is always best)
- 6 cups filtered water
- 5 pitted dates - see note
- 2 tsp pure vanilla extract
- Flavor boost: cinnamon, nutmeg, ginger, cloves, pumpkin spice... any spice you want!
- Nutrition boost: add 6 servings of primal defense probiotic powder, bone meal powder or a fine protein powder like unflavored rice protein or egg protein.

Instructions

- Place flax seeds in the jug of your blender and add water. Blend on high for 1-2 minutes until all seeds have been absolutely pulverized.
- Pull a nut milk bag or the leg of (unused) pantyhose over the top of the blender jug and slowly pour mixture into a large bowl.
- Squeeze out all of the liquid being careful not to squeeze too hard allowing the seed fiber to come through.
- Once all liquid has been extracted, strain it again by pouring the milk back into the blender jug, covering the top with the second leg of pantyhose and pouring the milk into the bowl.
- Return milk back to the jug, add dates, vanilla and spices or supplements if using. Blend on high until dates are completely broken down, about 2 minutes.
- Remove the froth at the top by passing through a fine sieve or skim from the top with a spoon.
- Pour into an airtight jug. Will keep in the fridge for 3-5 days. Natural separation will occur, just shake it up before serving.
- Note: feel free to use any date you have on hand or sweeten with honey, date syrup or rice syrup.