



# Nut Mylks



This recipe contains basic information. Please view the teaching video for essential techniques to execute this recipe perfectly. **The ingredient weights below supersede those specified in the video.**

Total	Qty	ALMOND MYLK
	1000 g	Water, purified – 1 litre
1040	40 g	Almonds, sprouted and dehydrated
1060	20 g	Date syrup
	~ g	Himalayan salt – pinch
	~ g	Vanilla powder – pinch
<b>Total</b>	<b>1060 g</b>	
		1. Blender jar on scale, weigh ingredients, blend
		2. Pour into nut mylk bag, strain, refrigerator 5 days

Total	Qty	COCONUT HEMP MYLK
	1000 g	Water, purified – 1 litre
1030	30 g	Shredded coconut
1050	20 g	Hemp hearts
1070	20 g	Date syrup
	~ g	Himalayan salt – pinch
	~ g	Vanilla powder – pinch
<b>Total</b>	<b>1070 g</b>	
		1. Blender jar on scale, weigh ingredients, blend
		2. Pour into nut mylk bag, strain, refrigerator 5 days

Total	Qty	DATE SYRUP
	200 g	Dates
400	200 g	Water, purified
<b>Total</b>	<b>400 g</b>	
		1. Blender jar on scale, weigh ingredients, blend
		2. Refrigerator 1 week, freezer 3 months

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