

## Sherry's Nut Milk Recipes

- Makes 3 Different Kinds of Milk

1 cup organic raw almonds or brazil nuts or hazelnuts/filberts, **soaked in water 4-6 hrs.**

4 cups water

2 tablespoons organic raw coconut butter (or substitute organic raw coconut oil)  
I prefer the Artisa brand of coconut butter

1/4 cup raw honey

1 teaspoon vanilla

1 pinch sea salt

Blend all ingredients in high speed blender for at least one minute. Strain through cheesecloth and push liquid through with a spoon if needed. (I prefer to leave it chunky to get all the fiber and food value from the nuts.) Serve or store in refrigerator up to 3 days. Makes 1 Quart



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