

THE *AMAZING* NUT-MILK BAG

**Makes creamy nut and seed milks, juices wheat grass,
fruits & vegetables, and sprouts nuts, seeds & grains too!**

THE *AMAZING* NUT-MILK BAG has many fabulous uses. It can be used with your blender to make quick & easy fruit, vegetable & wheatgrass juices, as well as, nut & seed milks. When it's tied onto the end of your Champion Juicer or any juicer that sends out pulp, including a wheat grass juicer, you can get every last drop of juice out of the pulp before you throw it away! It's also a great bag for growing sprouts & makes a wonderful traveling juicer. If you are traveling to a place that has a blender, you can make wonderful juices on the road now too! You will be *amazed* at how much juice you can extract from your grasses, fruits & vegetables with this simple, easy-to-use bag. The clean up is simple too. Just turn the bag inside out and dump the contents into the compost or garbage but be sure to save the almond pulp for the bread recipe below.

Living Nut or Seed Milk

Makes 2-4 cups of milk

- 1 cup almonds, walnuts, pecans, sunflower or sesame seed, etc. (soaked 4-8 hrs & rinsed)
 - 2-3 cups distilled water
 - 3-4 dates or 2-3 Tbs. honey, maple syrup or agave nectar (optional)
 - 1 tsp. vanilla extract or extract of choice
- Blend all ingredients on high speed about 1 minute. Pour into THE *AMAZING* NUT-MILK BAG, pull the draw-string, and squeeze from bottom and sides until no more liquid remains in the bag.

Refreshing Triple C Juice

Makes 2 cups of juice

- 2 stalks celery, chopped
 - 1 large cucumber, chopped
 - 1 large carrot, chopped
 - 1 handful parsley
 - 1/8-inch piece of fresh ginger
- On high speed, blend cucumber and celery until liquefied then add carrot, parsley and ginger to the blender until well blended. Pour through THE *AMAZING* NUT-MILK BAG and squeeze.

Bread from leftover Almond Meal

6 cups almond meal (save in the freezer...the pulp from your almond milk)
2 cups flax meal (about 1 1/4 cups whole flax seeds ground in a dry blender or coffee grinder)
1 cup extra virgin olive oil
1 tsp. Himalayan Pink Crystal Salt or Celtic Sea Salt
Put everything in a bowl and mix with your hands. Place some of the batter in between 2 Teflex sheets or wax paper and roll with a rolling pin until 1/4" thick. Cut into bread sized pieces with a dull knife or use cookie cutters. Dehydrate at 105 degrees for 6-8 hours.
Variation: add raisins, dates and cinnamon and make cinnamon rolls or cookies.

Cuca-mel-ery Juice

1/4 cantaloupe or 2 thick slices of watermelon
1 large cucumber, chopped
6 stalks celery, chopped
4 leaves of a dark leafy green vegetables (kale, chard, parsley, spinach)
Cut all ingredients into chunks. Blend melon and cucumber in your blender until they liquefy, then add remaining ingredients. Blend until smooth. Pour through THE *AMAZING* NUT-MILK BAG and squeeze the juice out.

Instructions for use: Simply take the vegetables, fruits, nuts or seeds you will be juicing, blend them in your blender with a small amount of purified water, or no water for high water content produce like melons and cucumbers, (recipes included) and blend on high speed until you don't hear the vegetables bumping around in the blender anymore. Then pour the contents of the blender into the THE *AMAZING* NUT-MILK BAG over a wide-mouth measuring cup. Squeeze and press the bag, and Voila! Milk or Juice! It's simple and easy. *Do not wring or twist, as that will rip and tear the bag-treat as if you were milking a cow ;)*

For sprouting: fill the bag no more than 1/4 of the way with the grain or seed. Let it soak overnight in a glass jar (still in the bag), then 8-12 hours later, lift the bag out of the water and rinse the grain or seed. Let it hang from a hook or a nail with a container underneath to catch the water drips. Check and rinse our sprouts every 8-12 hours, and eat them when ready.

To clean: turn the bag inside out, empty the contents and wash with water or a drop of dish soap. Hang to dry.