

Cashew-Brazil-Hempseed Milk

This combination of three softer nutritionally powerful seeds makes a creamy luscious milk or cream for desserts, smoothies or simply over granola. Called nuts, Brazils and cashews are actually seeds and they do not contain the enzyme inhibitors common to nuts. (See Glossary for more about this.)

Brazil nut trees, one of the tallest in the tropical rainforest, have a life span of 500-700 years. Now that's healthy! Brazil nuts (seeds) are easy to digest, high in good fats, and exceptionally high in selenium – in fact, the highest natural content of this mineral. One nut a day satisfies your body's need for this indispensable mineral. Cashews, widely documented to increase heart health, are high in magnesium and help balance calcium, thus regulating bone health in the body. As an added benefit, cashews are lower in fat than most other nuts. Both hemp seeds and Brazil nuts are packed with protein.

Yields 2½ - 3 cups

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Ingredients:

¼ cup cashews

¼ cup Brazil nuts

¼ cup hemp seeds

2 cups water

Directions:

Place nuts and hemp seeds into a high speed blender along with the water.

Blend ingredients smooth (about 30 seconds – 1 minute). Place blended mixture into two ***More than a Nut Milk Bags*** nested one inside the other. Strain resulting nut milk, catching the liquid in a bowl or pitcher. Note: this milk recipe produces less pulp than almond milk. Cashews and hemp seeds do not release pulp or skins, and the Brazil nuts release only a little.