

Non-dairy mylk and cheeze demo

presented at the Mother Earth News Fair <http://www.motherearthnews.com/fair>

ALMOND MYLK ~ 4 cups

2 cups soaked almonds (1 cup dry nuts = almost 2 cups soaked nuts). To soak nuts, set dry nuts in plenty of water and let stand at room temperature either all night or all day)

1. Put nuts into a blender container and fill with water to 4 cup line
2. Blend all ingredients and then strain through a nut mylk bag being sure to catch the liquid – that's your mylk. Put the mylk back into the blender container. Use nut pulp for granola or to make dehydrated cookies, crackers or compost it.
3. Add ¼ cup agave and blend again.



CHOCOLATE HEMP MYLK ~ 4 cups

½ cup hempseeds (these do not need to be soaked)
4 cups water

1. Blend all ingredients and then strain through a nut mylk bag being sure to catch the liquid – that's your mylk.
2. Put the mylk back into the blender container. Use nut pulp for granola or to make dehydrated cookies, crackers or compost it.
3. Add the following ingredients and blend again:
 - ▶ ¼ - ½ cup cacao
 - ▶ ¼ cup agave
 - ▶ Dash salt
 - ▶ Dash cinnamon



CHEEZE ~ 1 serving

¼ cup hempseeds (these do not need to be soaked)
¼ cup sunflower seeds
2 teaspoons lemon juice
1/8 teaspoon salt
¼ cup water
3 teaspoons dry dill (or your favorite herb)

1. Blend all ingredients until smooth. (Best to use a personal size blender. If using a standard blender, double or triple recipe.)
2. Serve on crackers, sliced cucumber or other sliced vegetable. Add more water to make sauce.

Note: since these are nut-based dishes, they do contain a fair amount of fat. Please take this into consideration when considering your daily and weekly caloric-intake