

## Hemp Milk

[Hemp is a super food](#). Hemp seeds are high in protein including edestin. Edestin is considered by scientists to be the most easily digestible form of protein in the food chain. Hemp milk is bursting with Omega-6 and Omega-3, essential fatty acids that have anti-inflammatory benefits. It is easy on the digestive system. Hemp milk is the simplest nut milk to make because you don't have to strain it.

Makes 3 cups

1 cup shelled [hemp seeds](#)  
3 cups water

- Blend for 3 minutes in a Vitamix, 5 minutes in a regular blender.
- Pour into a glass jar.
- Refrigerate for up to 5 days.

## Almond Milk

Makes 3 cups

1 cup raw almonds  
Water for soaking the nuts  
3 cups filtered water  
1/2 tsp vanilla (optional)

- Soak the almonds in a glass jar or stainless steel bowl in enough water to cover by 2 inches overnight or for at least 6 hours.
- Drain the water from the almonds and discard.
- Blend filtered water with almonds until well blended and almost smooth 3 minutes in a high speed blender
- Strain the blended almond mixture using a cheesecloth or nut milk bag
- Homemade raw almond milk will keep well in the refrigerator for three or four days.