



Almond Essence (Paperback)

By Janet L Doane

Seed Publishing, United States, 2005. Paperback. Condition: New. Janet L Doane (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Almond Milk - made from sprouted almonds and other nuts and seeds - is packed with vitamins, antioxidants, minerals, phytochemicals, enzymes, and healthy omega fatty acids. Sprouted almond milk is a safe, not-pasteurized living food that tastes delicious and costs less than most pre-packaged non-dairy beverages. Learn how to make this nutritious milk and use it in all types of recipes. With a blender and a strainer, a quart of fresh almond milk can be made in five minutes (after a few practice runs!). Just follow the quick and simple directions with accompanying photos. Delicious, sprouted almond milk is an environmentally friendly food that can be enjoyed every day in refreshing fruit smoothies, kefir, seed cheese, baking, and cooking. If you are a vegetarian, vegan, lactose intolerant, or simply love to experience new foods, try almond milk today!.



Reviews

It becomes an incredible publication that we actually have at any time read. It is one of the most incredible book i actually have go through. I am just delighted to tell you that this is actually the finest pdf i actually have read through within my personal life and might be he finest publication for actually.

-- Prof. Hilma Robel

A top quality ebook as well as the typeface used was interesting to see. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Isabell Wiza DDS