

A Practical Guide to Living Foods for the Time Challenged – Volume 1

Nut or Seed Milk (makes 4c – a meal for 2 people)

Now this may look like a lot of steps, but really there are only three – Setup, Preparation, and Cleanup. The apparent complexity is actually thoroughness, so that a very efficient and simple procedure can be achieved with a minimum of effort. Within a couple of rounds this will flow effortlessly.

If greater ease is preferred, I will be offering classes that will provide a real life setting that greatly facilitates the learning of anything, as we all know.

Physical Requirements

- Standard size blender or larger
- 1 – 32oz wide-mouth Ball jar
- 2 – 8oz Ball jar
- 1 – 16oz wide-mouth Ball jar
- 1 – 6” strainer with handle
- 2 – 4c containers to accommodate strainer (4c measure, small sauce pan)
- 1 – tablespoon (eating)
- 2 – 16oz glass containers with lids (optional) *can use nut butter or honey containers*

Ingredients (organic if possible)

- Filtered or bottled spring water
- 1 c oat groats for rejuvelac
- ~ 3c rejuvelac (see procedure below)
- 1/2c soaked nut or /seeds (almonds, sunflower & sesame seeds)
- ~ 8oz soaked medjool dates (preferred, but other dates or dried fruit could be substituted)
- 1 medium-large banana other (complementary fruit may be added or substituted, i.e. strawberries, peaches, etc.)

Procedure

Blending, Cleanup, and Setup will take about 20 minutes

Setup 24h in advance – this means roughly the day before

Simple Rejuvelac

1. Place 1c oat groats in the 32oz jar
2. Fill with water to 32 oz
3. Let sit out of the sunlight
4. Oat groats may be used for 3 rounds of rejuvelac

Soak dates – may want to start a batch 48h in advance and have two jars that rotate (this is due to the season and the dryness of the dates)

1. Loosely fill a 8oz jar with dates and fill with water nearly to the top
2. Let sit out of the sunlight

Soak nuts or seeds

1. Place 1/2c nuts or seeds in 16oz jar
2. Cover with about 3x as much water
3. Let sit out of the sunlight

Blending

Rejuvelac

1. Place the strainer so that rests on the top of one of the 4c containers and strain the water from oat groats **the water should smell like fermenting sour dough – this is rejuvelac**
2. Use the tablespoon to carefully scrape oat groats back into 32oz jar for next round, or discard *birds love them, but so do mice*
3. If using oat groats again, cover them with water to ~32oz

Nut or Seed Milk

4. Strain water from nuts or seeds and rinse with fresh water
5. Place nuts or seeds into the blender
6. Pour in ~1/2 of the rejuvelac and blend at a high speed for ~30s
7. Place the strainer over the second 4c container and strain the blended mixture
8. Use the tablespoon to help the mixture to drain
9. Use the tablespoon to scrape the nut/seed remains back into the blender
10. Add the remaining rejuvelac
11. Blend at a low speed for ~30s
12. Again strain the mixture, adding it to the first part with the help of the tablespoon **this is seed or nut milk**
13. Discard the seed/nut remains

The Meal

14. Pour the nut or seed milk back into the blender
15. Peel and add the banana
16. Pit and add the dates – reserve the water in case there is need for additional volume
17. Blend for ~30s at high speed, and then ~30s at low speed
18. Pour nut or seed milk meal into containers
19. Start it all again for the next day by doing the Setup now
20. Enjoy!
21. Remember to chew, since that is how we generate saliva that is critical to digestion *I know it seems funny to chew a liquid, but it does make a difference*

Cleanup

- Most containers can be quickly washed by hand and drained before being used for the next day's setup
- The blender can be quickly cleaned by first thoroughly rinsing, filling with ~1/3 water and a little dish soap, and blending at a low setting with the lid on. Once again thoroughly rinse, then drain.