

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Milks from grains and seeds

Basic Recipe:

Place in Liquifier and blend at high speed for 2 minutes:
1/2 C dry raw grain or seed ground into a powder or flour
2 C water
1 T honey or sweetening of your choice
1 tsp vanilla
1/4 tsp salt

Will keep at least 3 weeks if refrigerated

Hints:

- Use a nut mill (coffee grinder) or a hand mill for powdering seeds. An electric steele bladed mill will grind hard grains into flour.
- Sesame seeds and some nuts will become a paste texture when ground. Although brown sesame seeds have a better nutritrional quality, white sesame seeds make a more mild milk.
- White whole wheat, hard or soft has a more mild flavor than the red.
- Can add additional water for a less starchy flavor.
- For sweetening alternatives you could use frozen juices. See also sweetening suggestions (page214).
- Strain through a cloth for a more clear milk.

Sesame Milk

2 C cold water in blender
2 heaping T thick sesame tahini (sesame butter)
1/2 tsp salt
1/2 tsp vanilla
Honey or pinch of Stevia (herb sweetener) to taste (remember you'll be adding more water)

Blend thoroughly. Add water afterwards to make 1 to 1 1/2 quarts total, according to your taste for richness.
Delicious for use on cereals or for variation, add: 2 tsp carob powder (more or less, as your taste indicates) for delicious carob drink.