

# Nut Milk and Smoothie Recipes

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## Introduction

I have been avidly involved in juicing for several years, believing that consuming fresh, raw food is the best nutritional path to good health. Somewhere, along the way to good health, I managed to meet up with Ron Radstrom, and it is to him that I dedicate these recipes.

Ron Radstrom is a good human being. Ron has a life situation like that of many good people. He is a family man with kids, and is wholeheartedly supported in his work by his wife Deborah. He has a great sense of humor and has a ready and willing smile. In spite of the pressures of the need to earn a living, Ron never seems under stress. Somehow, his disposition resembles that of the swan that seems to glide smoothly and effortlessly on the pond, but may be paddling fast and furious under the surface of the water. I like Ron Radstrom.

Ron has told me several times that his mission in life is not to get rich, but to *Improve Conditions* in this world. Here is one way he does it. Ron runs a company called Southern Botanicals located in the shade of a grove of huge oak trees at 611D South Myrtle, Clearwater, FL 33756. Southern Botanicals. (<http://botanicals.net>). The company makes and distributes herbal preparations for good health based on the formulations of Dr. John Christopher, and it sells books on diet, nutrition, and health. It dispenses nutritional and health information free (<http://healthfree.com>). It also offers low-cost workshops that teach people how to prepare nutritional, raw, fresh food recipes.

In the past few months, Ron has begun a new focus of the company on raw, fresh food, including nuts, fruit, grain, berries, grasses, and garden produce. He has installed food dryers, and he teaches people how to make delicious, nutritious “*unbaked*” cookies, cakes, and pies. I attended a workshop last weekend and learned some basics of making uncooked pizza, and chocolaty, naturally sweet pie with a white coconut cream topping.

Ron gave me a couple of books, and I began to read, with the kitchen only a few feet away. I couldn't stand the kitchen's pull, and finally went in to try my hand. The following recipes are my first effort. I guarantee you will love them. Southern Botanicals now sells VitaMix blenders, straining bags, and fresh, raw, organic nuts, grains, and other ingredients for this wonderful style of food preparation. I highly recommend you contact him, and learn more about it yourself.

Bob Hurt, Clearwater, Florida

# Garden of Eden Breakfast Smoothie

## Ingredients

- 1 fresh organic apple
- 1 fresh organic banana
- 1 fresh organic peach
- 1 slice fresh organic pineapple 1/2 inch thick
- 3 to 4 heaping tablespoons Vital Nutrition Plus powder (<http://botanicals.net> 727-443-7711)
- 1 cup Date Almond Milk (see accompanying recipe)
- 2 to 4 ounces B17 Milk (see accompanying recipe)
- 1 pint acid rinse water (<http://gobeyondorganic.com/health1.html> - 727-447-2344)
- 2 tablespoons Omega Nutrition cold-pressed unrefined flax oil (<http://omeganutrition.com> 800-661-3529)
- 1 heaping teaspoon fresh organic golden flax seed (<http://botanicals.net> 727-443-7711)
- 2 tablespoons raw organic honey
- 2 to 4 small red organic hibiscus flowers
- note: if alkaline water not available, use pure water that contains no chlorine.

## Directions

1. Rinse fruit thoroughly in acid rinse water, then dry on paper towel
2. Pit, but do not peel the fruit (remove peach pit and apple seeds - set aside apple seeds for making B17 milk)
3. Pour Date Almond Milk, B17 Milk, flax oil, flax seed, and honey into blender.
4. Cut fruit into manageable pieces and put drop into blender
5. Turn blender on and gradually elevate speed to high, then blend for 1 minute to emulsify the fruit.
6. If the mix seems too thick, thin it a bit a low speed by adding more Date Almond Milk
7. Pour the resultant green Eden Smoothie into glasses, and garnish each with a hibiscus flower



## Usage

This is a perfect high-energy drink for starting your day, and it should last you till well past lunch time. It will have a rich green color and smooth, thick texture. It will be filling and delicious. Be sure to eat the hibiscus flower.

# B17 Milk

## Ingredients

- 1 cup Shaman's Apricot Kernels (<http://shaman.uniserve.com/apricot.htm> - 604-856-0171)
- Apple seeds from any cored apples
- 1 quart alkaline water (<http://gobeyondorganic.com/health1.html> - 727-447-2344)
- 1 quart additional alkaline water for rinsing
- note: if alkaline water not available, use pure water that contains no chlorine.



## Directions

1. Rinse apricot kernels and apple seeds in pure water, then drain and discard water
2. Soak apricot kernels and apple seeds in alkaline water for 24 hours
3. Drain and discard water
4. Put 1 quart alkaline water in Vita-Mix blender (Southern Botanicals, 727-443-4377)
5. Add the apricot kernels and apple seeds to the blender.
6. Turn blender on and gradually elevate speed to high, then blend for 1 minute
7. Pour milky contents of blender into nylon bag (Southern Botanicals, 727-443-4377) over a large mixing bowl, and squeeze bag till all moisture is removed from the kernel mush.
8. Pour B17 Milk from the mixing bowl into mason jar and fill it all the way to the brim. There will be more than a quart of liquid. Tightly cap the B17 Milk jar, label it as necessary "B17 Milk", and refrigerate.
9. Set aside the remainder of the B17 Milk for use in the Eden Smoothie recipe.
10. Use kernel mush as an ingredient in raw-food recipes, or sprinkle evenly into a glass baking dish, and dry for 6 to 8 hours in a 100-degree F oven; bag and freeze to use as garnish on salads or fruit.

## Usage

Use B17 Milk as an additive to fresh/raw dishes or as a daily tonic. It is excellent to add to Almond milk, or to mix with regular milk or salad dressings. It adds an exotic flavor to cake icings and desserts. If added to another milk, it is good on cereals. B17 Milk has a high concentration of Vitamin B17, otherwise known as Amygdalin, the active ingredient of Laetrile.

A little B17 Milk a day is therapeutic in the treatment of conditions that respond to Vitamin B17, and it makes a good daily supplement. Recommended dosage is 1 to 2 ounces a day if you don't have cancer. Consult a raw-food-wise physician if you have cancer.

# Date Almond Milk

## Ingredients

- 1 heaping cup raw fresh Almonds (<http://botanicals.net> - 727-443-7711)
- 6 fat Medjool dates (<http://lejafarms.com>)
- Shake of ground organic nutmeg
- 5 cups quart alkaline water (<http://gobeyondorganic.com/health1.html> - 727-447-2344)
- 1 quart additional alkaline water for rinsing
- note: if alkaline water not available, use pure water that contains no chlorine.



## Directions

1. Rinse almonds in the water, then drain and discard water
2. Soak almonds in alkaline water for 24 hours
3. Drain and discard the soak water
4. Put 1 quart alkaline water in Vita-Mix blender (Southern Botanicals, 727-443-4377)
5. Add the almonds to the blender.
6. Turn blender on and gradually elevate speed to high, then blend for 1 minute
7. Pour milky contents of blender into nylon bag (Southern Botanicals, 727-443-4377) over a large mixing bowl, and squeeze bag till all moisture is removed from the kernel mush.
8. Pour Almond Milk from the mixing bowl back into the blender
9. Pit and quarter the dates, then add them and a shake of nutmeg to the blender
10. Turn blender on and gradually elevate speed to high, then blend for 15 to 20 seconds, or till dates disappear and become tiny brown specks in the milk
11. Pour Date Almond Milk into mason jar and fill it all the way to the brim. There will be more than a quart of liquid. Tightly cap the Almond Milk jar, label it as necessary "Date Almond Milk", and refrigerate.
12. Set aside the remainder of the Date Almond Milk for use in the Eden Smoothie recipe.
13. Use Almond mush as an ingredient in raw-food recipes, or sprinkle evenly into a glass baking dish, and dry for 6 to 8 hours in a 100-degree F oven; bag and freeze to use as garnish on salads or fruit.

## Usage

Use Date Almond Milk as a substitute for cow's milk. It is excellent on cereals, and makes a refreshing drink when you feel tired or lethargic, or need quick energy.

