

Non-dairy milk

Make your own delicious and super-nutritious milk

Written by Russell Eaton

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Introduction

This free ebook shows you how to make non-dairy milk using a recipe based on Brazil nuts and sesame seeds. This makes a delicious and unique milk that you will always want to have.

This sensational milk is creamy and nutty, tinged with the flavor of sesame seeds. It is truly non-fattening and full of super-healthy nutrients.

Note: Always remember that some people may be allergic to nuts, and hence to milk made with nuts.

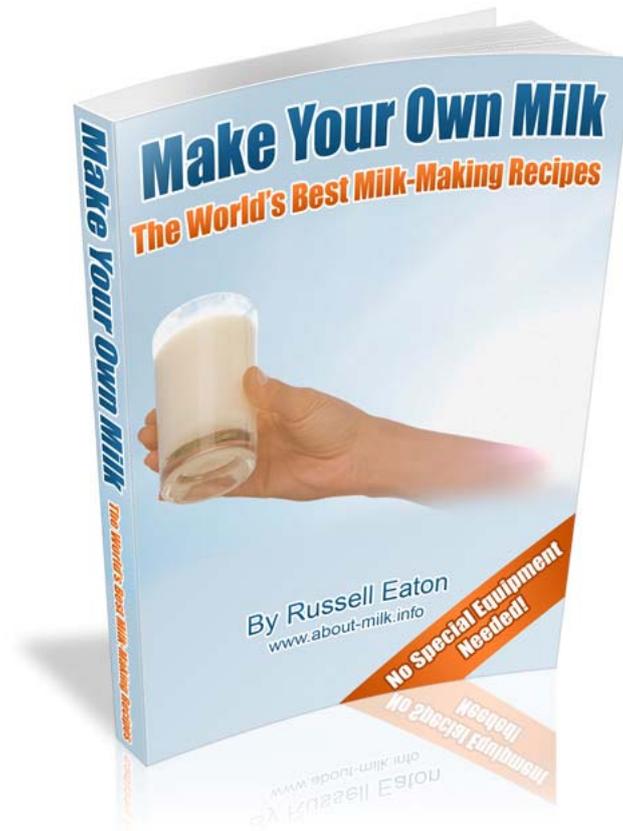
What follows is a brief description of the nutritional benefits offered by Brazil nuts and by sesame seeds. After this, an easy-to-follow recipe is given.

If you have never made your own milk up till now, you are on the verge of a new world of discovery. Non-dairy milk is much more nutritious and tastier than cow's milk, and infinitely better for your health.

Best of all, non-dairy milk made at home is going to be fresher and have less additives than buying commercial non-dairy milk. Also, by making milk at home you save money.

This wonderful *Brazil Nut & Sesame Milk* recipe can be made in less than ten minutes if you have the ingredients to hand. Please let me know how you get on with the milk. Any comments will be much appreciated. Just send me an email (see page footer) and put *Brazil Nut & Sesame Milk* as the email subject heading to get through my spam filters.

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For more delicious milk recipes see
“Make Your Own Milk”
the world’s best milk-making recipes.
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Brazil Nuts

Brazil nuts are nutrient-dense, which means that in relation to their size, they contain a wide variety of nutrients. Brazil nuts are, in fact, stuffed full of significant nutrients, including protein, fiber, selenium, magnesium, phosphorus, and thiamin. They also have good amounts of vitamin E, vitamin B6, calcium, iron, potassium, zinc, and copper.

Brazil nuts are high in arginine (an amino acid that plays a role in blood clot formation) and flavonoids – important antioxidant compounds believed to be protective against both heart disease and cancer.

Just one ounce – about eight Brazil nuts – provides 20% of the RDA (Recommended Daily Allowance) for magnesium and for phosphorus. And just one Brazil nut provides more than the RDA for selenium. You would have to take more than 15 times the RDA for selenium to exceed the recommended upper daily limit.

Note that as you are getting selenium from a natural *food source* rather than as a supplement, you're unlikely to overdose on selenium in Brazil nuts unless you were to consume dozens of the nuts daily over a long period. And since the recipe is diluted to 6 parts of water, you won't be overdosing on selenium unless you were to drink more than two or three pints a day over a long period! Furthermore, extreme overdosing on selenium will cause nausea and diarrhea, so you will soon know it. Nevertheless, selenium supplements should not be taken if consuming Brazil nuts or Brazil nut milk on a regular basis.

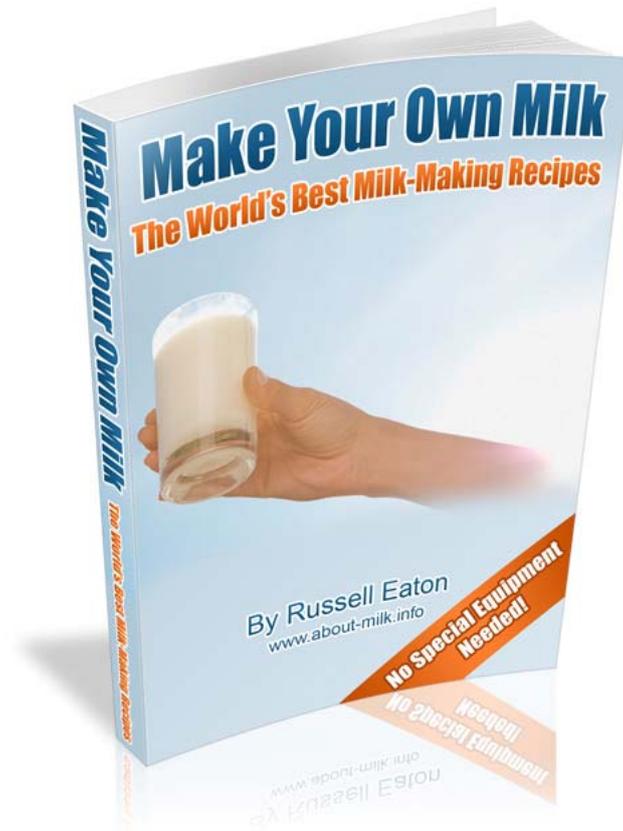
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Selenium has significant protective effects on our heart and immune system. According to several studies of cancer patients, selenium may reduce incidence of cancers of the lung, prostate, colon and rectum. In addition, epidemiological studies indicate that people who live in areas of low-selenium soils have more cancer and heart complaints than those located in high-selenium soil areas.

When researchers at Cornell University and the University of Arizona, USA, pooled results from 5-year studies (designed to assess the effects of selenium supplements at 200 mcg daily) they came up with some startling findings: compared with the rest of the population, participants had 63% fewer prostate cancers, 58% fewer colorectal tumors, and 46% fewer lung cancers. Overall, their death rate from cancer was 39% lower than the average.

While it is true that brazil nuts are high in fat, the fat is mostly unsaturated. They contain alpha-linolenic acid which converts to Omega-3 fatty acids in the body; it is the Omega-3 fatty acids which scientists feel may reduce the risk of heart disease by controlling cholesterol and keeping arteries clear.

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Make Your Own Milk:

the world's best milk-making recipes

At last, a simple and quick way to make non-dairy milk at home. Super-delicious, super nutritious, non-fattening, and non-dairy.

'Make Your Own Milk' is the only book in the world that shows a unique way to make milk in a fraction of the time compared to other milk-making recipes.

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Sesame Seeds

Sesame seeds are 25 percent protein and are rich in methionine and tryptophan, often lacking in adequate quantities in many plant proteins. One ounce of sesame seeds contains 6 grams of protein, 3.7 grams of fiber, and 14 grams of total fat. When toasted they lose nutrients, scoring 4.8 grams of protein and gaining a little fiber at 4.8 grams.

The fat in sesame seeds is truly super-healthy: 38% monounsaturated and 44% polyunsaturated, which equals **82% unsaturated fatty acids**. They are high in oleic and linoleic fatty acids and other health promoting oils. Also, unlike other oil-rich seeds, sesame seeds contain sesamol, a natural preservative that stops the seeds from going rancid too soon

Weight for weight, sesame seeds contain more than four times the amount of calcium compared to dairy milk. They also contain healthy amounts of the B vitamins riboflavin, thiamine, and niacin. With natural seeds scoring 8.7 mcg of folic acid for 1 tablespoon and plenty of vitamin B6, you can count on sesame seeds for excellent nourishment.

Sesame seeds, like pecan nuts, are exceptionally high in Gamma-tocopherol, a compound that helps to slow down or stop the growth of prostate and lung cancer cells. *'This is the first time gamma-tocopherol has been shown to induce death in laboratory-grown human cancer cells while leaving healthy cells*

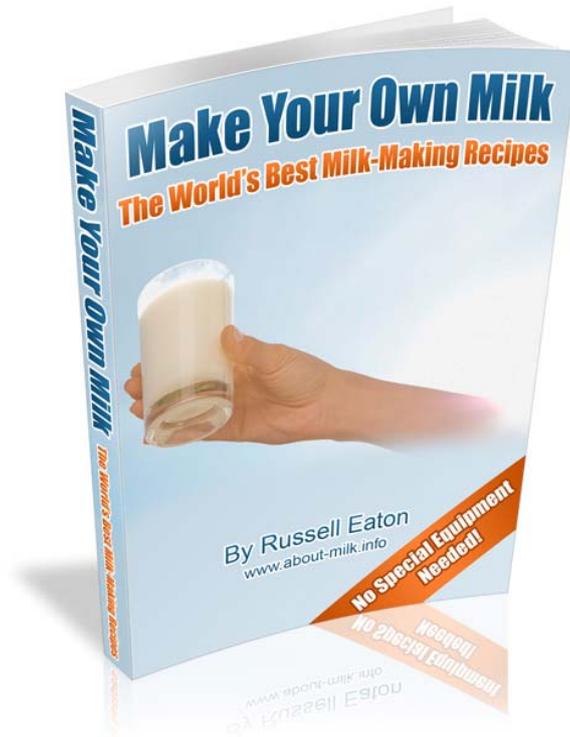
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alone.' (Source: Dr. Qing Jiang, Purdue University, Indiana, USA, March, 2005).

When it comes to minerals, sesame seeds are rich in iron, containing more than any meat, weight for weight. The high content of phosphorus in sesame seeds is counter-balanced by the high amounts of calcium and magnesium, ensuring good assimilation for strong bones and teeth. They also have good amounts of potassium, zinc, copper, manganese, and other health-promoting nutrients.

The left-over residue (from making milk) should not be thrown away - it contains valuable fiber and many good nutrients. Use the left-over residue for adding to any savory dish or dessert that you may be making, or freeze it for future use.

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The Recipe

Notes: Remember that some people may be allergic to nuts. If the recipe milk is too thin for your liking make it with less water next time. If the recipe milk is a little too creamy or too thick for your liking mix in a little water. Settling of milk ingredients during storage is *perfectly natural*. Always shake or stir before serving.

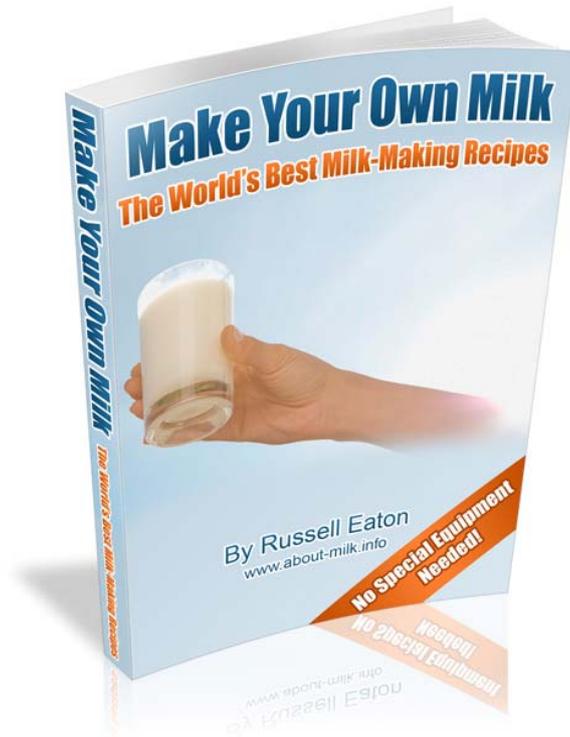
What you will need:

- 1½ cups raw unsalted un-roasted brazil nuts (without shells).
 - ½ cup raw unsalted un-roasted sesame seeds.
 - A blender.
 - A grain mill (e.g. coffee bean grinder). Note: some blenders are capable of doubling as a grain mill, in which case you will not need a separate grain mill.
 - 6 cups purest, cleanest drinking water. If using tap water, boil first and let cool (this prevents milk from spoiling too soon during storage).
 - Large bowl, plus a large strainer (sieve) to put over bowl, and a *large* serving spoon.
1. Grind the brazil nuts in a grain mill and put into blender. You may find that the brazil nuts do not fully atomize. If this is the case, put the brazil nuts into the blender instead. Then blend with just enough water to cover them. This will usually atomize the nuts.
 2. Grind the sesame seeds in a grain mill and put into blender.

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3. Put a sweetening agent into blender. For example, a spoonful of maple syrup or some other natural sweetener.
4. Blend with just enough warm water (not boiling) to allow the blender to further grind and blend the ingredients into a creamy paste. Then gradually add further warm water (not boiling) as you blend, until a total of 4 cups of water have been added to the blender. Continue blending for half a minute or so (until you think the water and ingredients are thoroughly blended).
5. Pour contents into a large strainer over a large bowl. Use a spoon to gently mix and coax the liquid through the strainer. Then use the back of a large serving spoon to press the remaining okara (left-over residue) against the strainer so as to squeeze as much liquid as possible into the bowl.
6. Put the okara back into the blender and add 2 cups warm water (not boiling). Blend for a further few seconds and repeat step 5.
7. Store milk in an air tight container in the refrigerator. Use milk within 5 days at most, or freeze for future use. You may find that there is so little left-over okara, that it is not worth storing. I usually just add the okara to whatever I may be eating that day.

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Make Your Own Milk

Every recipe is unique to 'Make Your Own Milk', a top quality ebook that will change your life forever. Once you start making your own milk you will never want to go back to buying commercial milk.

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Further Reading

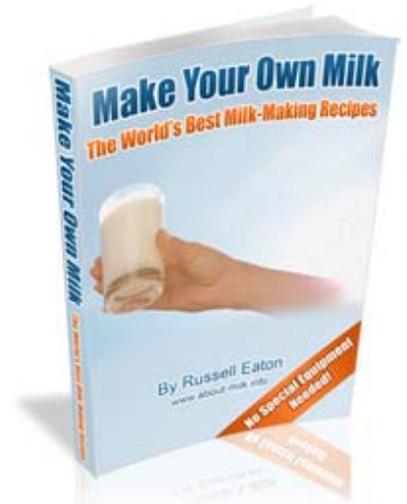
Make Your Own Milk

The world's best milk-making recipes

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This unique ebook has brought together the world's best recipes for making non-dairy milk at home. Now you can enjoy super-delicious and nutritious milk whenever you like. These milk recipes cannot be found anywhere else. In a matter of minutes you can make milk quickly and easily, without using any special milk-making apparatus. Once you start making your own milk you will never want to go back to buying commercial milk. *Make Your Own Milk* makes it easy to switch from dairy to non-dairy milk, saving you time and money and improving your health.



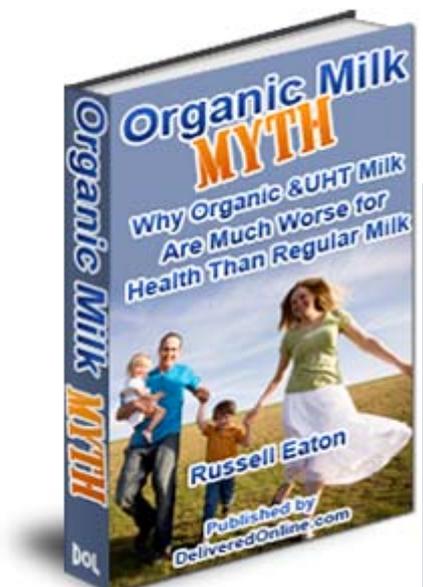
Organic Milk Myth

Why organic & UHT milk are much worse for health than regular milk

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If you (or your family) ever use milk read this astounding report now - it will change your life. All the latest research is showing that organic milk is significantly worse for your health than regular pasteurized milk. This unusual publication is giving the milk industry a big wake-up call by proving that 'organic milk' is turning out to be the worst kind of milk that anybody could have. Compared to nonorganic milk, all kinds of organic milk are significantly unhealthier and actually harmful to good health. Everything in this high quality publication is backed up by peer-reviewed research published in mainstream medical journals.



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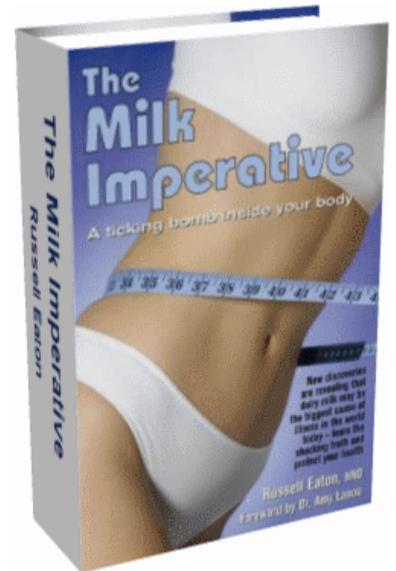
The Milk Imperative

A ticking bomb inside your body

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New discoveries are revealing that dairy milk may be the biggest cause of illness in the world today. *The Milk Imperative* breaks new ground by revealing exactly how dairy milk causes osteoporosis and prostate cancer, backed up with the latest scientific studies. This book is sending shock waves through the dairy industry, and whether or not you consume dairy milk *The Milk Imperative* will change your life forever.



The Milk Blog

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