



# HEALTHY VILLAGE

## WELLNESS CENTER

*Beverage Recipes*



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[Almond Turmeric Milk](#)



# Almond Turmeric Milk

2 Servings / Prep time: 20 minutes / Cook time: 20 minutes  
Vegetarian, Gluten-Free

## Ingredients

- 1 cup organic raw unsalted almonds
- 4 cups filtered or purified water
- Pinch of Himalayan sea salt (optional)
- 1 tablespoon local raw honey or another sweetener (optional)
- 1-2 tablespoons turmeric powder

## Directions

Soak your almonds in filtered water for 8-12 hours.  
Discard soaking water and rinse your almonds.

Place soaked almonds, honey (or other sweetener), turmeric powder, a dash of sea salt and 4 cups of water in a blender.

Cover and blend on high for 1-2 minutes. It will be milky and have a bit of foam on the top.

Strain milk through a nut bag, doubled up cheesecloth or a fine mesh strainer.

## Source

<https://www.google.com/url?q=http://tasty-yummies.com/2014/04/08/how-to-make-nut-milk/&ust=1549179900000000&usg=AFQjCNFXdfCGwloevcak1gVIHoixMlap4Q&hl=en>