

Herbal Legacy Recipes

Raw Soy Milk

Taken from Ann Wigmore's "Recipes for Longer life"

INGREDIENTS:

- ½ pound organic soybeans
- 2-3 T honey or grated coconut
- 1 quart distilled water
- 1 t. kelp or 1 t. tamari



DIRECTIONS:

1. Soak and sprout the beans. Start by soaking them for 48 hours, changing the water every 12 hours, and then sprout them as you would any sprout. Soybeans need to have a "tail" before you go to the next step.
2. Grind the beans to a very fine meal, and put the meal into a cheesecloth bag.
3. Place the bag in a large bowl containing 1 quart lukewarm distilled water.
4. Work the ground beans thoroughly with your hands for about 10 minutes, as if you were kneading bread. Then wring the bag of pulp until it is dry.
5. Season the milk left in the bowl to taste with the kelp tamari, honey or coconut.
6. Makes approximately 1 quart.

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