

NO JUICER REQUIRED

*Juicy Drinks for Hydration,
Restoration and Blenders*





TURMERIC GINGER SEAMOSS LEMONADE

INGREDIENTS

- 4 oz lemon juice
- 1/4 sea moss gel
- 24 oz water
- 1" ginger root
- 1" turmeric root
- 'nuff maple syrup or agave or coconut nectar to sweeten

Yield: Makes 4 servings

Prep Time: 7 mins

Blend Time: 1 min

Total Time: 8 mins

EQUIPMENT

- citrus juicer
- blender
- pitcher
- skewers
- knife
- measuring cup
- mixing spoon

METHOD

- Blend the first 5 ingredients
- Taste
- Pour in sweetener of your choice to your taste. *I recommend pouring a little at a time, mixing, tasting and adding more if needed. You can always add more if it's too little, but if you add too much sweetener, it's hard to balance it. But in the event you do, experiment by adding more water and lemon to help maintain the right balance.*
- Enjoy and store the rest in fridge.
- Keeps fresh for 3 days.



Yield: Makes 10 Kebabs
Prep Time: 25 mins
Cook Time: 15 mins
Total Time: 40 mins

EQUIPMENT

- blender
- knife
- measuring cup
- measuring spoons
- can opener
- mixing spoon
- pitcher

TURMERIC GINGER CARROT SPICED MYLK

INGREDIENTS

- 3 carrots
- 2" ginger
- 1" turmeric
- 24 oz. water
- 8 oz. cashew milk
- 4 oz. coconut condensed milk
- 2 tsp cinnamon
- 1 tsp nutmeg

METHOD

- **THE SIMPLEST WAY**
- Blend carrots, ginger, turmeric cashew milk, coconut condensed milk, cinnamon, nutmeg and water
- You can strain it at this point, but I highly recommend letting it blend long enough so that the "pulp" is barely noticeable.
- If you decide to strain, perhaps save the pulp and make raw crackers with it later
- **THE MORE INVOLVED WAY**
- Blend carrots, ginger, turmeric and water
- Strain but leave some pulp and add juice back to blender
- In a sauce pot, gently warm cashew milk, cinnamon, nutmeg and coconut condensed milk (not to boil, just to liquify and soften the condensed milk)
- Add the warm spiced milk blend to turmeric ginger carrot juice
- Enjoy! (Store remaining juice in fridge)