

# HOMEMADE ALMOND MYLK

A healthier alternative to dairy milk, almond mylk is rich in energy, protein, and minerals such as calcium, potassium and sodium.

**Total time:** 10 mins - **Serves:** 5 cups

Nutrition Info Per 1/2 Cup

30 Cals, 2.4g Fat, 1g Carbs, 19mg Sodium, 7g Fiber, 1g

Protein, Sugar Varies Based On Options

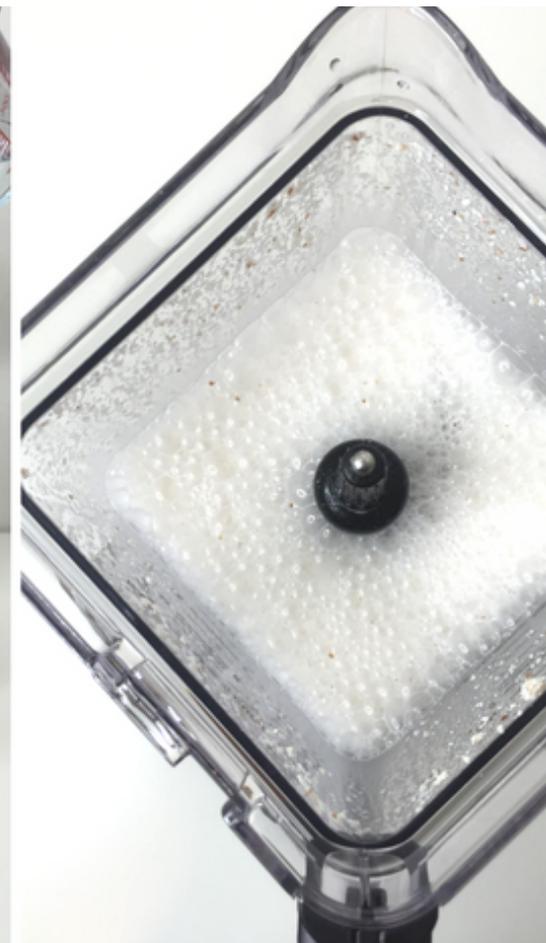
## WHAT YOU'LL NEED

- 1 cup natural almonds from April's box
- 4 cups water (less to thicken, more to thin)
- Sweeteners such as dates, honey or stevia (optional)
- Try experimenting with cinnamon or cocoa powder to change the flavor of your mylk
- Pinch of Himalayan sea salt
- Nut mylk bag from April's box

**DON'T FORGET TO TAKE A PICTURE AND HASHTAG YOUR CREATIONS WITH #ROSEHIVEBOX!**

## METHOD

1. Before we begin, you'll want to soak your almonds over night for at least 12 hours in filtered water.
2. Once soaked, rinse almonds and place in blender along with 4 cups water, salt, and other ingredients of your choice and blend until smooth and creamy
3. Using the nut mylk bag from April's box, pour the mixture from the blender over the bag into a large mixing bowl.
4. Carefully gather and lift the bag up and squeeze until all of the liquid is extracted from the almond pulp
5. Transfer your mylk to a jar and refrigerate. It will keep for up to a week depending on the temperature of your fridge. Shake well before drinking because it may separate with time.
6. (Optional) Save the almond pulp to be used in cookies, crackers, and energy ball recipes!



# Superfoodie Lifestyle Box

## SNACK

### ANCIENT GRAIN GRANOLA

*Nutty pumpkin seeds + chewy figs combined with ancient grains and superfood seeds. Baked with coconut oil containing medium-chain fatty acids that get used as energy rather than stored as fat - plus anti-viral + anti-microbial properties.*

**How To Use:** Eat it right out of the bag, add a handful to your trail mix or sprinkle over a smoothie bowl - this granola is versatile!

## HERB

### ACTIVATED CHARCOAL

*Organika Activated Charcoal is pure, and contains no fillers. It is ecologically sourced from trees and is said to aid in detoxing and digestion, trap toxins in the body, absorb impurities, relieve gas and bloating, rid bad breath and much more!*

**How To Use:** Get creative! Try making a charcoal lemonade (found on our blog), use as a teeth whitener, or a DIY face mask. As little as a teaspoon a day is all you need!

## SURPRISE

### EATING EVOLVED

*Eating Evolved brings you the world's first Coconut Butter Cup! Simple dark chocolate & coconut butter, this is the cleanest cup on the market.*

**How To Use:** Open and enjoy one bite at a time!

## SURPRISE

### HEMP SEEDS

*Hemp seeds are exceptionally rich in essential fatty acids and protein.*

**How To Use:** Sprinkle on salads or smoothie bowls!

## DRINK

### MAPLE WATER

*Maple water naturally contains 46+ bioactive nutrients including phytonutrients, minerals, active antioxidants, electrolytes, amino & organic acids. WAHTA is made from 100% pure maple sap with no added preservatives, or sugar.*

**How To Use:** Refrigerate and enjoy to stay hydrated!

## SUPERFOOD POWDER

### MOON JUICE DUSTS

*Brain Dust™ (Organic Astragalus, Shilajit, Maca, Lion's Mane, Rhodiola, Ginkgo, Organic Stevia) is an adaptogenic elixir to maintain clarity, memory, creativity, and alertness. Sex Dust™ (Ho Shou Wu, Organic Cacao, Shilajit, Maca, Organic Schisandra, Cistanche, Epimedium, Organic Stevia) is a holistic approach to deeply nourished sexual vigor.*

**How To Use:** Add to nut milk, coffee, tea, hot or cold water or blend into your favorite smoothie.

## COOKING INGREDIENT

### RAW ALMONDS + MYLK BAG

*A healthier alternative to dairy milk, almond milk is rich in energy, protein, and minerals such as calcium, potassium and sodium.*

**How To Use:** Turn this page over to see try the full recipe!

**Disclaimer:** Information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.

DISCOVER WHAT'S INSIDE