

FROM THE KITCHEN OF BRITTANY STAMER, ND

# Beet Cashew Mylk

## INGREDIENTS

- 1 cup soaked cashews
- 3 pitted dates
- 4 cups filtered water
- 1/2 small raw beet
- 1/2 tsp vanilla extract

## EQUIPMENT

- Nut mylk bag
- Blender

## METHOD

- 1) Blend all ingredients for 1 minute on high in blender
- 2) Strain through nut mylk bag and place in container
- 3) Store in fridge for up to 4 days



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