



SPECIAL NEEDS

GLUTENFREE
VEGAN
DAIRYFREE
SOYFREE

HEALTH BENEFITS

SEROTONIN
HEART
CANCER
ANTI-VIRAL

Amazing Brazil Milk

Servings: 4 Time: 2 minutes Tip: Great base for hot chocolate, in coffee drinks and over hot porridge

Delicious, velvety, creamy white on its own and perfect in hot drinks. Brazil nuts are anti-cancer and high in selenium. This mineral is especially important for thyroid and male prostate health. Do not "binge" drink this delicious nutmilk, as it is super high in selenium - 1 glass daily is enough to reap the benefits.

Raw maple syrup and honey has antiviral properties.

Reference: Nutr Cancer. 1994;21(3):203-12. Bioactivity of selenium from Brazil nut for cancer prevention and selenoenzyme maintenance. Ip C1, Lisk DJ.

What's in it?

- 1 cup/ 150g raw brazil nuts
- 1 quart/ 1 l water
- 2 tsp. maple syrup/raw honey
- Pinch sea salt

What to do?

- Place everything in food processor or blender
- Blend 2 min. on high speed
- Store in airtight bottle in fridge temperature up to 1 week
- Natural separation will occur so just shake bottle before use

