

Ingredients & Appliances

PURE ALMOND MILK

- 1.5 cup raw organic almonds- presoak in cold filtered water for 8-12 hours
- 6 cups of clean filtered water
- pinch of Himalayan salt
- 2-3 dates (optional)
- vanilla extract (optional)

STRAWBERRY MACA SHAKE

- 1 cup nut milk of choice (e.g. homemade almond milk made in this workshop)
- 1 cup fresh local strawberries or frozen organic
- 1 frozen banana
- 2 dates
- 1 tsp maca powder
- 1/8 tsp vanilla extract (optional)

CREAMY RICOTTA CHEESE

- 1 1/2 cups nut pulp almonds (e.g. almond pulp made in this workshop)
- 1/2 cup water
- 1 large lemon juice
- 2 tablespoons nutritional yeast
- 1 garlic clove minced
- Celtic sea salt & fresh cracked pepper to taste

SPRING ROLLS WITH RICOTTA CHEESE

- 6 small rice spring roll papers or 3 large ones
- 1/2 bell pepper
- 2/3 cucumber
- 1 large carrot
- 1/2 sliced avocado
- 1/2 cup of fresh basil or Cilantro
- 1/2 cup of fresh mint
- Almond ricotta made in this workshop

APPLIANCES

- Blender
- Nut milk bag or cheesecloth
- Glass bottle (1 liter)