

# SALTED CARAMEL

# NUT MILK

\*WHEN POSSIBLE, USE ORGANIC OR LOCAL PRODUCTS

**STEP 1: COVER 1 CUP OF NUTS WITH FILTERED WATER & SOAK**

**ALMONDS 8 HOURS OR  
OVERNIGHT**

**CASHEWS 4 HOURS**

**BRAZIL 4 HOURS**

**STEP 2: DRAIN/RINSE YOUR NUT OF CHOICE & DISCARD WATER**

**STEP 3: ADD 3-4 CUPS FILTERED WATER & MIX IN BLENDER TIL SMOOTH**

**STEP 4: FILTER THRU NUT BAG**

**STEP 5: ADD FLAVOR & MIX IN BLENDER AGAIN**

## **SALTED CARAMEL FLAVOR**

2-4 ORGANIC MEDJOOOL DATES  
1/4 C ORGANIC MAPLE SYRUP (GRADE B)  
2 TSP ORGANIC VANILLA  
1/4-1/2 TSP PINK SALT  
DASH ORGANIC CINNAMON

**STEP 6: CHILL & SERVE**



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