**Easy Almond Milk** Makes about 3-4 cups milk

1 cup soaked almonds (overnight)  
3 cups water  
2 medjool dates, pitted (optional)  
pinch salt

Blend 1 cup of raw almonds (preferably soaked overnight) with 3 cups of cold spring water. Pour contents of the blender through a nut bag, and squeeze all the “milk” out. You can also use a colander with super small holes, however you may get a small amount of almond meat. Making almond milk is so easy, inexpensive, and massively better for your health than pasteurized cow’s milk, it’s silly for anyone to ever, ever buy milk. Ever.

**Raw Pasta w/ Marinara Sauce** Serves 6

**Ingredients:**
3 zucchini for “noodles”  
2 ½ cups sun dried tomatoes  
3 tomatoes  
2 tbsp olive oil (don’t add this if your sun dried tomatoes were already in olive oil.)  
¼ cup onion  
1 clove garlic  
2 tbsp basil  
2 tbsp cilantro  
2 tbsp oregano  
1 tsp salt

**Preparation:** For “noodles”, slice zucchini into long thin strips with a julienne slicer or a vegetable slicer (this will give you large flat noodles), or a spiral slicer. Set the “pasta” aside.  
For sauce, place all remaining ingredients in blender and blend until well mixed and smooth. When sauce is blended pour on top of noodles and enjoy. Easy!

**Raw Vegan Chocolate Mousse** Serves 4

1 avocado  
2 tbsp cacao powder  
4 medjool dates, pitted  
½ cup water  
4 dashes salt  
dash vanilla  
10 drops stevia extract or 1 tbsp raw organic honey

Blend all ingredients. Chill in fridge for 15 min so it gets cold and sets. If you don’t have access to a fridge, add one handful of ice and blend again. Enjoy!