

NATURE 'S



FOOD PATCH

Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703

www.naturesfoodpatch.com

Apple Cobbler & Almond Milk 9/28 - Brad Myers

Almond Milk

Ingredients:

Nutmilk Bag

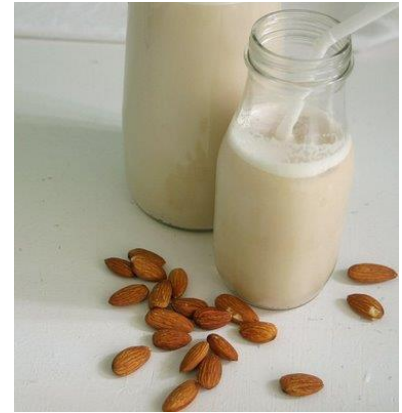
Handful of sprouted Almonds (soaked 6-12 hours)

3-5 Dates

1/3 Vanilla Bean

Pinch Cinnamon

- Put almonds, dates, vanilla, cinnamon, in a blender.
- Fill to top with cold water (or add ice). Blend for about 1-2 minutes.
- Then pour entire mixture through a nutmilk bag and strain. Drink & enjoy! Will keep 3-4 days in fridge.



Apple Cobbler

Ingredients:

1/2 cup Almonds

1/4 cup Pistachios

Pinch Salt

1/4 tsp. Pumpkin pie Spice

1 large Apple, or 2 small

8-10 small Dates

1 Vanilla Bean

2 Tsp. lemon Juice

1-2 Tsp. Honey/Agave

1 cup Walnuts, finely chopped

- Pulse almonds, pistachios, salt, & pumpkin spice into a flour, set aside.
- Dice 1/2 an apple very small and soak in 1 Tsp. of lemon juice & honey, set aside.
- Blend 1/3 an apple, dates, vanilla, & 1 Tsp. lemon juice together, then add this blended mixture to your pulsed flour.
- Stir in walnuts
- Line inside of a 1/2 or 1/4 measuring cup with wax paper. Fill with diced apples and blended mixture. Pop out and eat!