



New Vitality
Holistic health from a biblical perspective



The photo above is a common protein-packed breakfast in our house: Tropical Almond Flatbread with fresh pineapple spears and Almond Banana Chia Pudding. This breakfast is filling yet not heavy, and it gives my kids the brain food for them to focus and be attentive at school until lunchtime.

The thing that I love most about this recipe is that you can make a **WHOLE GALLON** of almond milk for the price of one quart of store-bought almond milk **PLUS**, you can re-purpose the leftover almond meal to make a delicious, protein-rich flatbread! Save time, save money, and **BE HEALTHY** all at once! Can't beat that!

Super Healthy Sweet Almond Milk

A dairy-free, high calcium milk substitute

Blend in blender until creamy:

- 1 ½ c. almond meal (almond meal is the cheaper option, but may use whole almonds instead)
- 4 c. distilled or filtered water

Strain through a fine mesh strainer or cheese cloth. Pour strained liquid into a ½ gallon jar or pitcher and fill to the top with more distilled or filtered water. **TIMESAVER:** The night before, I usually blend, pour into a strainer lined with a flour sack dishtowel, then place over a large bowl or pan in the refrigerator to drain. By morning, the liquid is mostly drained and the almond meal requires less squeezing.

Add:

- 1 t. stevia powder
- 1 t. vanilla

Blend and refrigerate.

Options:

Whole almonds can be used instead, if desired (to remove phytates). Soak almonds in distilled water for 18-24 hours, drain, then rinse. Follow the instructions above to blend using 1 c. almonds instead of almond meal.

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“Lazy Housewife” Version of Almond Milk & Tropical Almond Flatbread
New Vitality, LLC



For creamier milk, after soaking almonds, slip off the outer coating and discard. Follow the instructions above to blend using 1 c. peeled almonds instead of almond meal.

Almond Banana Chia Pudding

For each serving, blend in blender:

1 c. almond milk

1/3 c. chia seed

1/2 banana

1/2 t. vanilla

Dash of cinnamon

Blend less for a tapioca-like pudding, or blend more for smoother pudding (will thicken quicker).

Tropical Almond Flatbread

Blend dry ingredients first:

1 1/2 c. almond meal

1/4 c. tapioca flour

1/2 c. shredded coconut

1 t. salt

2 pkts. Xylitol or stevia (optional)

May add 1 T. flax seed meal or chia seed

Then beat together and mix with dry ingredients:

1-3 eggs

2 t. vanilla

Options:

Cinnamon & nutmeg

Dough will be somewhat sticky. Spread on parchment paper or roll out between two sheets of parchment paper on cookie sheet. Remove top layer, then bake at 350 for 12-15 minutes until springy (vs. doughy) to the touch.

Variations:

Leave out the sweetener and vanilla, and add herbs and spices such as rosemary & garlic for an Italian variation. Works beautifully as a pizza crust or cut into squares and served with butter, bruschetta or tapenade as an appetizer.