

# Raw Blend<sup>TM</sup>

*a healthy mix for life*









## HEMP NUT MILK BAG



### RECIPES & INSTRUCTIONS

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-  Easy use design with rounded corners
-  100% Vegan & biodegradable
-  Durable, hygienic & mould resistant
-  Make fresh nut & seed milks
-  Use as a sprouting bag
-  Cold brew coffee & make nut cheeses



**100% NATURAL HEMP**

# WASHING INSTRUCTIONS

*Clean the bag before first use. Fill a pan with water and bring to a boil. Drop the bag in, and let it sit in the boiling water for 5 minutes. Your sterilised bag is now ready to use.*

*After use, simply rinse in the sink, or for a deep clean repeat the above steps, or place in your clothes washing machine.*

## NUT MILK RECIPE

### Ingredients

- 1 cup of your choice of nuts
- 3-4 cups filtered water, extra water too for soaking
- Sweetener if desired

### Method

1. Soak your nuts in a large bowl overnight at room temperature, cover with several cms of water and cover with a clean tea towel.
2. Drain and rinse your nuts through a colander and rinse with cold water.
3. Add the nuts to your blender with 3-4 cups of filtered water and blend on high speed until smooth.
4. Strain through your Hemp Nut Milk Bag. Set a mesh strainer or colander over a large bowl or jug. Line the strainer or colander with your nut milk bag and pour the nut mixture over the top of the nut milk bag and twist closed. With clean hands, squeeze the nut milk bag to get as much milk out as possible.
5. Refrigerate in a sealed bottle or container for up to 4 days. The milk may separate so just shake before serving.
6. Enjoy!



# SPROUTING RECIPE

## Ingredients

- *Desired seeds for sprouting.*

## Method

1. *Add some seed. Put 2-4 tablespoons of leafy sprout seeds like alfalfa, broccoli & radish, or 4-6 tablespoons for peas and beans.*
2. *Let it soak for 8 hours. Fill a bowl with clean drinking water and submerge the bag for about 8 hours. This begins the germination process.*
3. *Dip and Drain. Take your bag out of the water and let it drain. (To drain set your bag on a dish rack, in a colander, on top of your dishwasher, or hang it from a hook above a bowl/sink). Twice daily, soak it in water for 30 seconds to 1 minute and allow it to drain fully*
4. *After 5-6 days your leafy sprouts are ready to eat and after 3-4 days your beans and peas ready. Give them a try to see if they're ready. Turn your sprout bag inside out and enjoy the harvest! Simply rinse it to remove any sprouts left and hang to dry.*

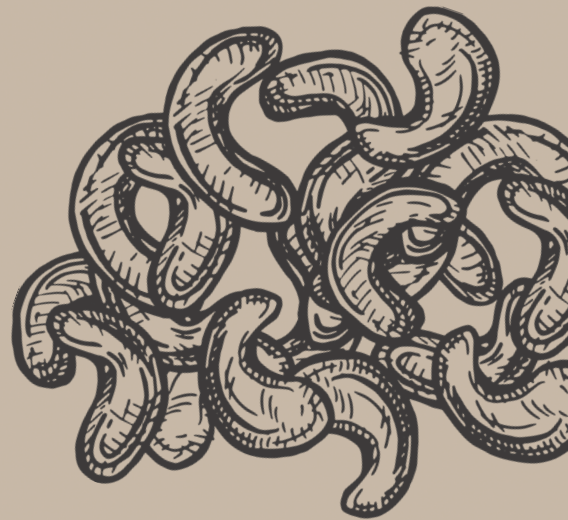
# MACADAMIA NUT CHEESE RECIPE

## Ingredients

- *1 ½ cups Macadamia nut cookies*
- *¼ cup nutritional yeast*
- *¼ cup water*
- *2 Tbsp lemon juice*
- *1 Tbsp miso paste*
- *1 tsp onion powder*
- *1 tsp garlic powder*
- *½ tsp salt*

## Method

1. *Soak the macadamias in hot water for at least 1 hour, drain and rinse, and add to your blender with the rest of the ingredients. Blend until smooth.*
2. *Place a fine mesh strainer over a bowl, line it with your Hemp Nut Milk Bag. Add the mixture into your bag and tie up into a little ball shape. You can use a rubber band to tie it.*
3. *Cover with a towel and leave in the fridge for 24 hours. The longer it chills the firmer it will become. Serve with crackers and fresh grapes!*



# COLD BREW COFFEE RECIPE

## Ingredients

- 250g whole coffee beans
- 2L filtered water

## Method

1. Grind the coffee beans into a coarse grind. The ideal coarse grind should be about the same size as demerara sugar.
2. Combine the coffee and water in a jar. Pour the ground coffee into a large jar and add the water.
3. Gently stir the coffee with the water until well blended. If the coffee floats to the top do not worry, just ensure all the coffee gets wet.
4. Steep the coffee over night in the fridge (or at least 18 hours or up to 24 hours).
5. Line a fine-mesh strainer with your nut milk bag and set it over a large measuring cup. Slowly pour the coffee concentrate through the strainer. Depending on the size of your strainer, you may need to strain the coffee in batches. Fight the temptation to squeeze the nut milk bag.
6. Transfer the strained cold brew to a clean jar for longer-term storage. Cover and refrigerate for up to 2 weeks.
7. Make your iced coffee. Fill a glass with 1 cup of ice cubes. Pour  $\frac{1}{2}$  cup cold brew over the ice and add  $\frac{1}{2}$  cup cold water, and stir to combine.
8. Undiluted cold brew will last for up to 2 weeks refrigerated. Diluted cold brew will last 2-3 days refrigerated.
9. Enjoy!

