

# Jill's Joyful Kitchen



## Blissful Pumpkin Seed Milk

- 1 cup pumpkin seeds (soaked 2-3 hours)
- 4 cups of water
- 1/8 teaspoon sea salt
- 1 tablespoon agave nectar or maple syrup (more if sweeter is desired)
- 1 teaspoon vanilla extract

Drain seeds and rinse well. Place all ingredients in a high-speed blender with 4 cups water and blend until smooth. Pour through a cheesecloth/nut milk bag to separate the pulp from the milk, using a pitcher or a large glass bowl to catch the milk as it is strained. If using a cheesecloth, lay cloth over a fine mesh strainer that is placed over a wide rimmed bowl. Use the back of a spoon to press the milk through the cheesecloth. Taste milk and adjust sweetness to your liking. For a richer milk, use 3 cups water instead of 4. Pour into a jar or container with an airtight lid. It will keep fresh for 3-4 days. Shake before using as natural separation may occur.

Preferred straining method: nylon mesh nut-milk bag

## Joyful News

- ❖ Pumpkin seeds are packed with the anti-oxidant Vitamin E and protein too.
- ❖ One-quarter cup pumpkin seeds contains almost half of the daily recommended amount of magnesium.

Variation: Chai Pumpkin Seed Milk

After straining, pour milk back into blender and add:

¼ teaspoon freshly ground cardamom

1/8 teaspoon cinnamon

¼ inch fresh ginger root or ¼ teaspoon ground ginger

1 peppercorn

2 cloves

2 tablespoons maple syrup (more or less for desired sweetness)

Blend until smooth and creamy.

Joyful Tip: I have made this milk without soaking the seeds. Pulse the seeds in a food processor or blender until a fine powder. Proceed as above recipe.