



Pumpkin Seed Milk

Makes 1 litre

A super healthy lactose-free alternative to dairy milk, pumpkin seed milk helps to reduce cholesterol and boost immunity. It also helps to keep bones strong and has anti-inflammatory benefits. A great drink for men, as it can improve the symptoms associated with prostate enlargement.. You can use this recipe as a milk substitute in cooking, with your cereals or as a delicious, healing drink. If you're using it in a savoury dish, you will need to eliminate or significantly reduce the raisins. Can be stored in the refrigerator for up to 2 days.

Ingredients

Pumkin Seeds	350 g
Distilled water, warm	1 litre
Raisins	100 g

Method

Place the seeds, raisins and warm water in a blender, and blend on medium for about 1 minute. Strain mixture through a fine sieve and discard pulp. Couldn't be easier!

(If time allows, it is best to soak the seeds in water overnight before blending – strain and discard the soaking water.)

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here:

www.kamalaya.com/recipes.htm

To receive regular Kamalaya recipes and other life-enhancing content directly to your inbox, subscribe to our monthly newsletter on **www.kamalaya.com/subscribe-wellness-tips**