

# Pumpkin Seed Milk

*Original recipe by Sergei and Valya Boutenko from "Fresh"*

Ingredients:

**2 cups of pumpkin seeds soaked overnight.**

**5 cups of water.**

**1/2 cups of raisins.**

**2 tablespoons of agave nectar. Or honey. Or stevia to taste.**

**1 teaspoon of nutmeg.**

**a pinch of sea salt.**

Blend all ingredients in blender for 1 minute or until smooth. Strain mixture through nut-milk bag or strainer. Chill before serving. Yields 6 cups.

Note: You can use pumpkin seeds out of a fresh pumpkin, or you can use raw store bought pumpkin seeds; both work fine!

## *Speaking of Pumpkins:*

### **Pumpkin Festival**

October 20th 4-8 pm  
At Goodwin's Organics  
191 W Big Springs Rd  
Riverside Ca 92507

### **Cranberry Festival**

November 17th 4-8 pm  
At Goodwin's Organics  
191 W Big Springs Rd  
Riverside Ca 92507

**Click Here to see  
the Pumpkin Seed Milk Demo!!!!**