

Pumpkin Seed Milk

Yield: Makes about 3 1/2 cups

Serving: 6

Ingredients

1 cup **raw shelled pumpkin seeds** *soaked 4-6 hours or overnight*

3 cups **water**

2 **pitted medjool dates**

pinch **salt**

1/8 teaspoon **vanilla extract**

Directions

In a high-speed blender, combine all ingredients and blend until smooth.

