



**February 2011 Inner Circle Bonus:
“Almonds” Video Bonus Notes**

***Here's some creative ideas for that almond pulp
you learned to make from Jessa in this month's
video!***

Mex Dip

1 Cup Almond pulp from almond milk (see video in Inner Circle member's area)
1 T chopped jalapeno
1/2 tsp Cumin
1/2 tsp Garlic
1 T Olive oil
Salt and pepper to taste

Carob Almond Spread

1 Cup Almond pulp from almond milk (see video in Inner Circle member's area)
1/4 cup carob powder
1/8 cup honey
1/4 almond milk

1- 2 tsp Hazelnut flavoring

Sweet Garlic Dip

1 Cup Almond pulp from almond milk (see video in Inner Circle member's area)

1/2 tsp sea salt

1 T Olive oil

1 tsp Apple Cider Vinegar (i.e. Bragg's)

1 T honey

1 tsp Garlic

Pepper to taste

Raw almond and Yogurt face mask

3 T yogurt

2 T almond pulp

Mix the ingredients. Spread on face and leave for 20 min. Rinse with warm water and splash face with cold water.

Almond milk

2 cups of almonds soaked for 12 hours or over night

10 cups of water

1 packet of stevia

You will have to do this in two batches. Put half the almonds in a blender with 5 cups of water and blend for about 2 min. or until you no longer hear the almond rattling around in there. Strain the milk into a pitcher by using a nut milk bag, new nylons or doubled up cheese cloth. Repeat these steps with the leftovers. Keep the pulp for spreads or face mask.

Questions? Leave them in the Inner Circle member forum...

...at www.bengreenfieldfitness.com/innercircle/forum