

# Pumpkin Seed & Milk Thistle Seed “Milk” Drink

## Ingredients:

- 2 Tablespoons (approximately 28 grams or 1 ounce) of organic raw pumpkins seeds
- 1 teaspoon (approximately 7 grams or ¼ ounce) organic milk thistle seeds
- Pinch of good quality salt
- Optional: cayenne pepper to taste
- Filtered water

## Method:

1. Soak all ingredients in a glass jar by covering pumpkin seeds, milk thistle seeds, and salt with enough filtered water to cover by at least 2 inches.
2. After 6-8 hours, drain through a fine mesh sieve.
3. Rinse with filtered water.
4. Place seeds in a high speed blender.
5. Add 4 cups of filtered water.
6. Blend 30 seconds or so.
7. Strain out the pulp, if desired.

NOTES: Do not throw away the pulp. Add it to a smoothie or raw soup.  
When I do a pure liquid diet, I strain all pulp, else I don't bother.

