

NYBG

EDIBLE ACADEMY
HONEY & HARVEST WEEKEND



VIVIR SONANDO DOMINICAN LICUADO SHAKE

Prepared by Yadira Garcia, Happy Healthy Latina
Yield: 4–6 servings (5 cups)

Ingredients

- 2 cups of sunflower seed milk
- 1 cups of evaporated and condensed coconut milk (Optional- add 2 extra cups of sunflower seed milk, if omitting)
- 4 tablespoons raw honey
- 1 tablespoons organic vanilla extract or fresh vanilla bean
- 2 cups of ice cubes (may be crushed ice)
- 2 ½ cups of orange juice (best fresh)
- ½ tsp orange zest + pinch of cinnamon, to garnish

Sunflower Milk

- 1 cup/140g sunflower seeds
- 3 cups/700ml Water
- 6 pitted medjool dates
- 1 tsp vanilla extract
- Pinch of Salt

Instructions

Prepare sunflower seed milk. Make sure milk and juice are chilled before mixing. Blend milk, condensed coconut milk (if using), vanilla extract, orange juice, and ice cubes. Taste, adding additional sweetener if needed. Add zest and cinnamon garnish. Serve immediately. Note: you can use soymilk or other nut milk, if desired (cashews, almonds, macadamia).

Soak the sunflower seeds in water with a pinch of sea salt. Leave for 8 hours or overnight, then strain and rinse. Add the seeds, dates and water to a blender and blend on high for 2–3 mins until all the seeds are finely ground. Pour into a nylon milk bag/cheesecloth with a large bowl underneath. Squeeze all of the moisture out and then stir in vanilla.