



Paleo

Milkshake

Recipes

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Introduction

Milk or any dairy product is not considered to be a food source of the paleo diet. The objection being that our hunter gatherer ancestors did not drink milk or consume dairy products during paleolithic times. Our ancestors did not drink milk because it simply was not available. The extraction of fresh raw milk from animals is a result of farming and livestock raising that began around 10,000 years ago.

However, although not classified as paleo, it doesn't necessarily mean milk on a fresh raw scale can not hold nutritional benefits for health. Raw milk freshly harvested from grass-fed cows can deliver a significant portion of the nutrients and the health benefits available for people who follow a paleo diet.

Although there are deviations from the food sources of our hunter gatherer ancestor and what we consume today, the important thing is to achieve a fair approximation of the nutrient values present in our ancestors diet - and then some - considering our environment has changed in ways which cause negative effects on our health, including being subject to radiation from electricity and toxicity in our tap water and pollution in the air on a daily basis.

The application of heat — the essential step in processing milk — results in a number of changes which damage the milk, health-wise. It destroys phosphatase, lipase, and other natural milk enzymes, as well as B vitamins, vitamin C and other vitamins found in raw milk. It also kills the beneficial lactobacilli, which prevent raw milk from rotting.

Pasteurized milk destroys and denatures raw milks natural structure. Pasteurization's objective is to rid the milk of disease-causing microbes and to significantly reduce the total bacterial count in order to enhance the storage quality and prolong shelf life of the milk. Additionally however, pasteurization also denatures proteins and destroys active enzymes, kills beneficial bacteria and dramatically reduces the vitamin content. Pasteurized milk is far from milks original form, it has been processed to the stage where its structure looks nothing like what it would if it came straight from the cow and no longer holds any beneficial nutritional benefits for our health.

At the end of the day, the food choices you make are the result of your own personal preference. The objective of any consumed food is to provide your body with the most useful nutrients. Given that the food resources of today's environment are markedly different from a century ago, let alone eons ago, it is often good to weigh up the health contributions you want from each type of food available, even if it may not fit in with what humans have been physiologically designed to consume. Fresh raw milk has been shown to provide many health benefits so it could deserve some consideration.

With that being said, one of the best paleo friendly alternatives to animal milk is making your own fresh almond milk.

Health Benefits of Almond Milk

Almond milk contains almost all the nutrients found in almonds, one of the most nutritious foods in nature.

Almond milk carries a fat content of 54g of fat per 100g of almonds. Almonds fatty acid profile is very favorable to health: the unsaturated fat content is four times as much as saturated fat. The monounsaturated fatty acid (MUFA) content is particularly high, being 65% of total fat content and predominantly oleic acid, which makes almonds a powerful energy source.

Protein is also present at 19g per 100g almond, as are many types of phytochemicals with antioxidant properties. Indeed, almond and almond milk is considered a potent source of antioxidants able to neutralize free radicals in the body. Almonds also provide plenty of iron, several B vitamins and vitamin E, as well as important essential fatty acids (more omega-6 than omega-3) — all of which are retained in almond milk.

Although almond milk will not contain the full nutritional benefits of whole almonds, some health benefits from the consumption of almonds are described below.

- **Weight loss, weight control:** Despite almond milks fairly high fat content, regular consumption can have positive effects on weight control. In a 2003 study, it was determined that a low-calorie diet that included around 85g of almonds led to significant weight loss. Almonds are thought to inhibit fat and carbohydrate absorption into the body and at the same time increases satiety. This means one is apt to feel satiated quickly and thus take in fewer calories in a diet that includes almonds or almond milk.
- **Diabetes control:** Almonds appear to exhibit some activity towards controlling diabetes. Researchers have determined that consuming the equivalent of 100g of almonds per day (about 4 servings of freshly-made almond milk) can reduce total cholesterol by 21% and low density lipoprotein cholesterol (LDL-cholesterol) by 23% without losing the ability to control blood sugar levels.
- **Cardiovascular disease control:** The risk of cardiovascular disease can be lowered by decreasing the levels of LDL cholesterol in the blood. Epidemiological studies and clinical trials have shown that consumption of up to 85g of almonds per day can lower LDL cholesterol levels by as much as 10%. Even a smaller intake of 7g per day can reduce LDL cholesterol by 1%. Researchers point out that the risk of cardiovascular disease goes down by 2% for every percentage reduction in LDL cholesterol. It is believed that a synergistic effort by the various nutrients found in almond produces this effect. The US Food and Drug Administration have recognized that incorporating 42.5g of almonds or its equivalent in almond milk into the daily diet helps lower the risk of cardiovascular disease.
- **Anti-oxidant activity:** Almond is rich in phenolic compounds, which have major roles in reducing oxidation reactions. Phenolic compounds have the ability to neutralize free radicals, facilitate the chelation of metallic ions, and the decomposition of many oxide compounds (such as corrosive peroxides and superoxide radicals). This potent antioxidant activity can help prevent the development of cancers.

- **Anti-cancer activity:** A number of laboratory studies have indicated anti-cancer properties in almond and almond extracts. In animal studies, phytochemicals obtained from almonds have shown the ability to inhibit the development of cancer cells in the colon, lungs and prostate of laboratory rats, and to suppress the growth of tumors. Many of these compounds have also demonstrated the ability to protect the liver and prevent elevated levels of fats/lipids in the blood, as well as activity against inflammations, the HIV virus, and malaria virus.
- **Waste elimination enhancement:** Fiber comprises 8.8-10.4g per 100g of almonds. Some of this is soluble but the bigger proportion consists of insoluble fiber, which is an important element in releasing food nutrients as they move through the gastrointestinal tract and in sweeping up waste in the digestive system for eventual elimination. Since fiber also boosts feelings of satiation during meals, it can play a part in decreasing intake and controlling weight. Almond milk retains only 1.9g per serving (or 7.6g of fiber or per 100g of almonds), but this still gives a big boost to the recommended daily intake of fiber.
- **Bone strength:** Almonds and almond milk provide about 92mg of calcium per 100g of almonds. The calcium comes in a form very easy for the body to absorb and incorporate in the skeletal structure. For people who do not drink raw milk and cannot take pasteurized milk because of lactose-intolerance, almond milk can be a rich, alternative source for this important mineral since it does not have any lactose.

Commercial preparations of almond milk do not have the desired amount of almond nutrients, as pasteurization and other manufacturing processes take their toll on nutrient content. Besides, almond milk has a shelf life of only 4-5 days, so commercially available almond milk has to add more water and is laced with sugar and preservatives to prolong shelf life. In addition, vitamin E is no longer present and only a few hundred milligrams of essential fatty acids (especially omega-3 and omega-6) are left in shop-bought almond milk.

It is better to make almond milk at home to fully receive its rich nutrients.

It's important to soak nuts and seeds before consumption, the reason being that almonds and other nuts contain phytic acid which inhibits the absorption of many important vitamins and minerals including calcium, magnesium, iron, copper and zinc.

Nuts and seeds also contain enzyme inhibitors which block the absorption of minerals in the body, phytic acid can also be a great strain on the human digestive system.

In traditional cultures, people have soaked and sprouted nuts and seeds (as well as nuts and grains) in order to get the optimal nutritional benefits from these foods. Once soaked, phytic acids are greatly removed and the enzymes and minerals in the nuts are more readily available for absorption.

Almond milk is very nutritious. Each cup (approximately 100g) of raw almonds converted into almond milk is good for 4 servings, and each serving roughly provides 105.3 calories, 4g of protein (or 16g per 100g of almond), 3.6g of carbohydrate, 1.9g of fiber, 23mg of calcium, 5.1mg of sodium, and 9.2g of total fat of which only 0.7g is saturated fat (the 8.5g of unsaturated fat is 92.4% of total fat).

Almonds high calcium content makes almond milk a good alternative source of calcium, and a paleo friendly alternative to cow's milk.

How to Make Almond Milk

Use 1 cup of almonds for approximately 1ltr of Almond Milk

- Soak 1 cup of almonds overnight (or for a minimum of 6hours). Overnight soaking is the better way to prepare the almonds as more tannins and phytic acids are removed, ultimately enhancing digestibility of the almond milk.
- Place the almonds in a blender along with 3-4cups of water (you do not need to remove the skins). Blend the almonds for 1minute.
- Sweetener is not necessary especially if fresh almonds are used. If it is desired, however, adding 3-8 dates or a tablespoon of honey within the blending process will add a hint of sweetness to the almond milk.
- Strain milk through a nut milk bag or a couple of layers of cheese cloth into a bowl or through a sieve (this may result in a little bit of almond fiber in the milk but will sit to the bottom of your jug/cup).
- Keep in an air-tight container/jug for up to 4-5days in the refrigerator.



Apple and Almond Shake

Ingredients

1 cup almond milk
½ cup diced green apple (skin removed)
½ tsp natural vanilla essence

Place ingredients into a blender and blend for 1min.

Peach and Apple Smoothie

Ingredients

1 cup almond milk
½ cup diced green apple (skin removed)
¾ cup freshly diced peach (skin removed)

Place ingredients into a blender and blend for 1min.

Apricot and Vanilla Delight

Ingredients

1 cup almond milk
2 apricots (seeds removed, skin removed)
2 ice-cubes

Place ingredients into a blender and blend for 1min.

Banana-Berry Smoothie

Ingredients

1 cup almond milk
½ cup frozen blueberries
⅓ cup frozen raspberries
1 small banana

Place ingredients into a blender and
blend for 1min.

Banana Cinnamon Shake

Ingredients

1 cup almond milk
1 banana
Sprinkle with Dutch cinnamon

Place ingredients into a blender and
blend for 1min.

Banana and Strawberry Smoothie

Ingredients

1 cup almond milk
1 small banana
6 strawberries
1 tbs flaxseed oil

Place ingredients into a blender and
blend for 1min.

Chocolate Banana Shake

Ingredients

1 cup almond milk
2 ice cubes
1 medium banana
1 tsp cocoa powder

Place ingredients into a blender and
blend for 1min.

Strawberry and Mango Smoothie

Ingredients

1 cup almond milk
½ cup strawberries
½ cup mango, diced

Place ingredients into a blender and
blend for 1min.



Hazelnut and Mocha Shake

Ingredients

1 cup almond milk
4 hazelnuts
2 ice cubes
2 tsp instant coffee (non-paleo ingredient)

Place ingredients into a blender and blend for 1min.

Nut Crunch Shake

Ingredients

1 cup almond milk
2 ice cubes
1 tbs almond butter
½ tsp cinnamon
1 tbs crushed nuts

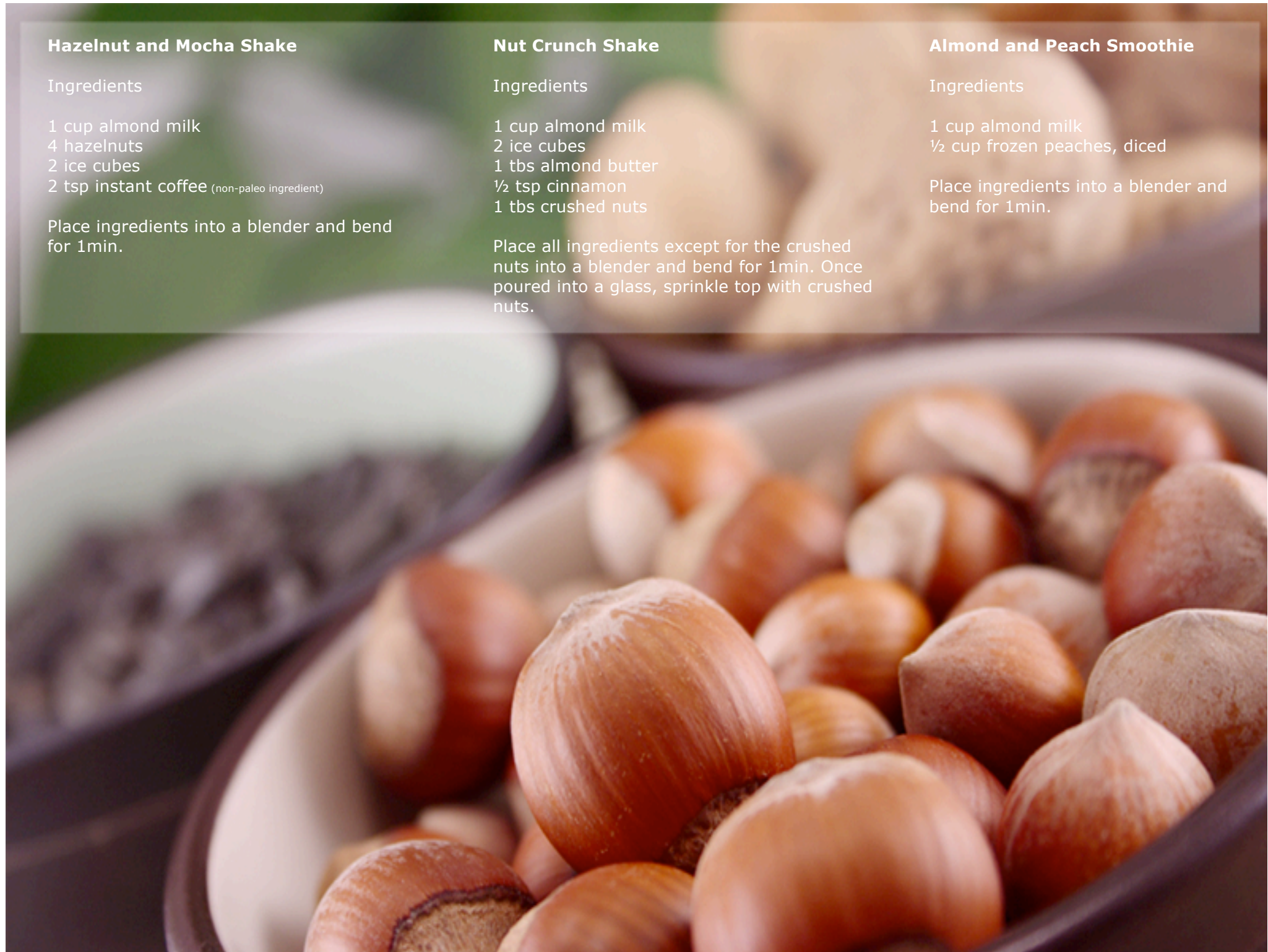
Place all ingredients except for the crushed nuts into a blender and blend for 1min. Once poured into a glass, sprinkle top with crushed nuts.

Almond and Peach Smoothie

Ingredients

1 cup almond milk
½ cup frozen peaches, diced

Place ingredients into a blender and blend for 1min.



Berry Bang

Ingredients

1 cup almond milk
7 tbs sour cherries, pitted

Place ingredients into a blender and bend for 1min.

Raspberry Smoothie

Ingredients

1 cup almond milk
1 cup frozen raspberries

Place ingredients into a blender and bend for 1min.

Berry and Flaxseed Shake

Ingredients

1 cup almond milk
½ cup frozen berries
3 tbs ground flaxseeds
½ tbs flaxseed oil

Place ingredients into a blender and bend for 1min.



Raspberry Chocolate Shake

Ingredients

1 cup almond milk
½ cup raspberries
1 tsp cocoa powder

Place ingredients into a blender and bend for 1min.

Rhubarb and Raspberry Shake

Ingredients

1 cup almond milk
½ cup rhubarb
⅓ cup raspberries

Place ingredients into a blender and bend for 1min.

Cinnamon Express

Ingredients

1 cup almond milk
4 ice-cubes
1½ tsp Dutch ground cinnamon
Dash of ground nutmeg

Place ingredients into a blender and blend for 1min.

Cinnamon and Mocha Shake

Ingredients

1 cup almond milk
2 tsp instant coffee (non-paleo ingredient)
½ tsp cinnamon

Place ingredients into a blender and blend for 1min.

Coconut and Vanilla Shake

Ingredients

¼ cup light coconut milk
¾ cup almond milk
1½ tbs shredded coconut
½ vanilla bean pods

Place ingredients into a blender and blend for 1min.





Pina Colada

Ingredients

1 cup nut milk
2 ice cubes
½ cup diced pineapple
¼ cup coconut milk

Place ingredients into a blender and
blend for 1min.

Mango Smoothie

Ingredients

1 cup almond milk
½ mango, chilled
2 ice-cubes

Place ingredients into a blender and
blend for 1min.

Melon Smoothie

Ingredients

1 cup almond milk
½ cup diced honeydew melon

Place ingredients into a blender and
blend for 1min.