



Novenda's Rice, Hemp or Almond Yogurt



Ingredients:

- **2 Quarts of Organic Rice, Hemp or Almond Milk**
 - **Good Bacteria(probiotic- non-dairy culture starter -preference: body ecology)**
 - **Agar Agar (sea vegetable –purchase from Asian or health food stores)**
 - **1 large organic lemon or lime**
 - **Fresh Fruit**
 - **Sweetener (optional)**
 - **Granola(optional)**
-
- ✓ Place milk on medium heat in a sterilized pot for 10 minutes
 - ✓ Next, place 6 table spoons of agar in the pot and stir until the agar is well distributed
 - ✓ Stir until the agar is completely dissolved (may take up 30 minutes)
 - ✓ When the milk cools down, stir in the probiotic (between 110-115 degrees)
 - ✓ Take a towel and place it over the pot of milk on your kitchen counter for 8 -10 hours
 - ✓ The milk now looks like gelatin – place it in the refrigerator for at least 4 hours
 - ✓ Place mixture in a blender and squeeze 1 large lemon into it
 - ✓ Blend mixture until it becomes creamy

 - ✓ Add your favorite fruit, sweetener or granola

Benefits of Yogurt with probiotics (avoid yogurt with tons of sugar)

- ✓ Protects against colon cancer and colon tumors.
- ✓ Improves digestion
- ✓ Reduces risk of intestinal infection
- ✓ Improves immune function
- ✓ Improves lactose tolerance for individuals who are lactose intolerant
- ✓ Reduces yeast infections
- ✓ lowers LDL, raises HDL cholesterol

Benefits of some of the ingredients:

Agar Agar

A traditional odorless, tasteless, 100% vegetable quality gelatin created by a long, slow process that combines eight varieties of red sea vegetables. A healthy alternative to commercial animal or chemical derived gelatins. Carefully prepared and naturally freeze dried in the cold of winter. Made without chemicals. It is used to thicken vegetables or fruit aspics, custards and pie fillings. A great way to enjoy the benefits of sea vegetables in a convenient and easy to use form. High fiber, low carbohydrates and contain no sodium or fat.

Probiotic means "for life" and they definitely have some important life giving qualities. Probiotics are the healthy microflora (beneficial bacteria) that keep you healthy and strong. With enough of them in your intestines, they can boost your immunity, keep you looking beautiful and help you digest foods.

Preferred Sweeteners: Organic Grade B Maple Syrup or Agave Nectar

Organic Grade B Maple Syrup – Grade B maple syrup has more minerals and more maple taste than Grade A. Maple syrup offers: sodium, potassium, calcium, magnesium, manganese, iron, copper, phosphorus, sulphur, chlorine, silicon, and Vitamins A, B1, B2, B6, C, nicotinic acid, and pantothenic acid.

Agave Nectar- It has a low glycemic level and is a delicious and safe alternative to table sugar. Unlike the crystalline form of fructose, which is refined primarily from corn, Agave Nectar is sweet in its natural form.

Agave Nectar has met the "food exchange requirements" by the American Diabetic Association and American Dietetic Association for product labeling! The benefits that can be derived from using Agave Nectar as your sweetener are numerous:

- ✓ Agave Nectar does not contain processing chemicals.
- ✓ Agave Nectar is safe and recommended for children.
- ✓ Agave Nectar is low in calories
- ✓ Agave Nectar can be used for baking and cooking
- ✓ Agave Nectar has a low glycemic index. It will not over stimulate the production of insulin