

Sesame Seed Milk:

Ingredients:

3 Tbs. white sesame seeds
3 Tbs. brown sesame seeds
3 cups of water
1 Tbs. coconut sugar, black strap molasses and/or date sugar
4-6 small Turkish apricots or 2-3 large Medjool dates
Pinch of sea salt

Optional additions: vanilla from ½ of vanilla pod, dash of cinnamon, and/or 1-3 teaspoons red maca. I like this red maca: www.znaturalfoods.com

Directions:

1. Soak sesame seeds for a couple of hours in warm water and then rinse.
2. Soak Apricots or dates in a separate container of water to soften.
3. Add sesame seeds and water to Vitamix or blender along with: your chosen sweetener, apricots or dates, pinch of sea salt, and the optional ingredients of your choice.
4. Blend very well well, taste and adjust if you need a little more salt or sugar to get the perfect sweetness for you!
5. Store in fridge in tight glass containers for 3-4 days.
6. Shake before you use and add more water if it thickens over time.
7. Sip at room temperature, heated, or use in your favorite smoothie recipe!

Bonus Tip: In Ayurveda sesame seeds are very grounding and calming to the nervous system.

Makes: several servings, depending on how much you drink.

** Remember to practice Conscious Eating so you thoroughly digest and absorb your food.*

This recipe is LEAP friendly for Lila's Phase 1 LEAP Protocol, if she uses apricots & black strap molasses.

What does that mean?

LO Solutions offers the MRT test, which is the gold standard food sensitivity test for inflammation. Results are shown as reactive and safe, for 120 foods & 30 food chemicals. All untested foods are taken out of one's diet for a period of time, while we eat our safest foods for 2 weeks, and slowly increase foods over a 3-6 month period. This heals the body, calms down the immune system, and decreases inflammation and thus symptoms. Out of Lila's initial 20-30 "approved/safe" foods, this recipe was born from her creativity and foodie mindset. It's an anti-inflammatory recipe for *her* body, but too good not to share...and sure to nourish your body too! When you receive MRT test results, these are the types of personalized recipes I help create for your body & protocol.

Contact Lila or read more [here](#).

A stylized, cursive signature of Lila Ojeda.

Provided by Lila Ojeda, MS, RDN, CSCS, RYT, CLT

Registered Dietitian Nutritionist * Personal Trainer * Yoga/Pilates

Contact: 503.789.9707 * www.LO-Solutions.com

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Photo Progression:

