

## Simple Sunflower Seed Cream recipe

Soak  $\frac{1}{4}$  cup of raw hulled sunflower seeds for 4 – 8 hours.  
Drain and rinse and drain.

Blend soaked sunflower w 1 c water to cream, If you want you can add another cup of water.

Add the friendly bacteria (1 cap Spectrabiotic and stir in, not blenderize)  
It may s much as double in size so put in large clean glass container and cover.

Let sit, covered loosely for 4 – 12 hours.

Watch for bubbles – when they are throughout it is done.

. If liquid is on bottom you can drain off and discard liquid.

Refrigerate, will keep for weeks. You can use it to start another culture.  
Just add a teaspoons to the soaked nuts as you blend.

You can season it a variety of ways to taste.

If there is nourishment and space to colonize, 1 bacteria will double in 1 or less hours. In 24 hours from 1 bacteria you will get over a trillion bacteria. snf of you start with a billion, you will get a billion trillion o friendly bacteria within a day. what a bargain,

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