



SESAME

SESAME MILK

INGREDIENTS (FOR ONE GLASS OF SESAME MILK)

- 2 tablespoons sesame
- 1/4 boiled water
- Brown sugar or honey

PREPARATION:

- ✓ Wash the 2 tablespoons sesame.
- ✓ In a cup, cover the sesame with boiled water and soak it overnight.
- ✓ In the blender, blend the sesame with the same water until the water turns homogeneous and milky.
- ✓ Sweeten according to taste with brown sugar or honey –

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www.quinuasait.com.bo

info@quinuasait.com.bo