

FEBRUARY 2018

3ABN WORLD MAGAZINE

Pathway to Life EVANGELISM IN PHOENIX

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NETWORK FEATURE

CHANGES AT

 3ABN | radio

PG 6

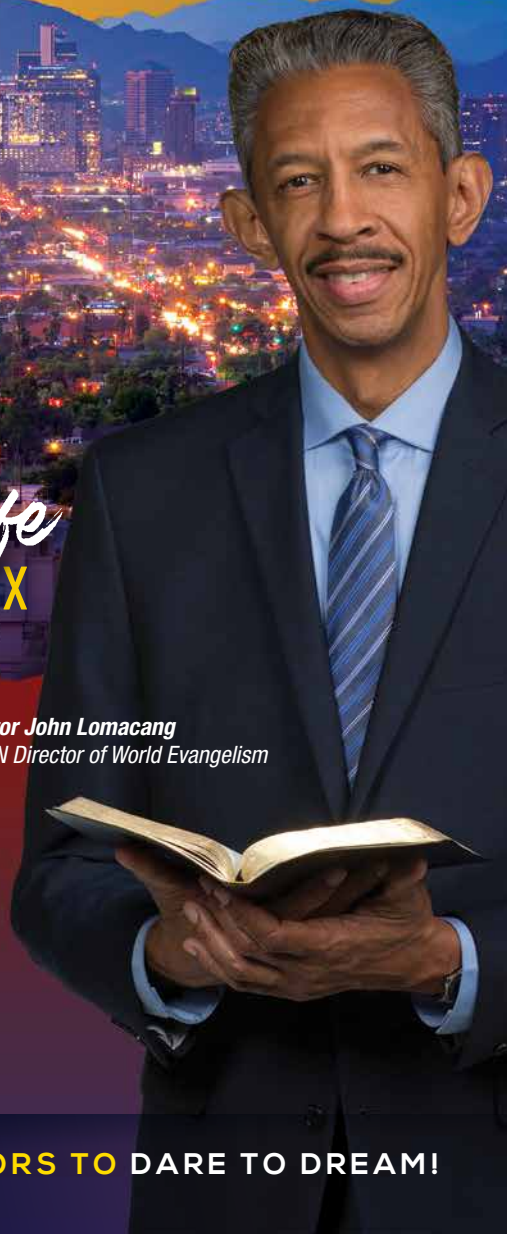
RECIPE

BROWNIE FUDGE

Heidi Tompkins and Ivan Raj

PG 15

Pastor John Lomacang
3ABN Director of World Evangelism



FIFTY PRISONS OPEN DOORS TO DARE TO DREAM!

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PRESIDENT'S LETTER | Danny Shelton



Dear 3ABN Family,

What a blessing to serve the Lord in ministry! I've been privileged to work in the dream the Lord gave me, called 3ABN, for over 33 years, and while my coworkers and I may be on the front line, we are no more important to this work than you are. We could not be in ministry without you! It is your love, prayers, and financial support that keep 3ABN going, growing, and reaching the world with the undiluted three angels' messages.

In the fall of 2016, we held a large evangelistic series in London with 13 speakers at different churches for several weeks. The Lord really blessed, and we saw many lives changed. There were also many baptisms of people who joined the Seventh-day Adventist Church in that great city.

Last year, 3ABN Latino took part in a huge evangelistic series in Bogotá, Colombia, where 170 meetings were held simultaneously across the city. The results were nearly 1,000 baptisms in just the first few weeks, and many more since then!

This month, we are joining hands with the Arizona Conference of Seventh-day Adventists, and are sending five 3ABN speakers to hold meetings in the Phoenix area. Pastor John Lomacang will be preaching at the Paradise Valley SDA Church, and we will carry this series on 3ABN. In addition, Pastors CA Murray, Kenny Shelton, John Dinzey, and Shelley Quinn will all be speaking at various locations around the Phoenix area—and each one of their sermons will be recorded and carried on 3ABNPhoenix.com. We're excited to be working with the local churches in taking this gospel message to Phoenix and beyond!

The 15-day series will begin on Friday evening, February 23. We will record the sermons and broadcast them the following evening on 3ABN. Be sure to check 3ABNPhoenix.com for more details!

Thank you again for your support of this ministry, as we endeavor to take the undiluted three angels' messages to a lost and dying world!

May God bless you abundantly more than you could ever ask or think.

Danny Shelton
President & CEO

While my coworkers and I may be on the front line, we are no more important to this work than you are. We could not be in ministry without you!

REVELATION'S ANCIENT DISCOVERIES

Presented by International Evangelist
— Mark Finley



Watch on 3ABN.tv
Sundays at 5:00 a.m.
Mondays at 7:00 p.m.
Wednesdays at 3:00 a.m.
Saturdays at 12:00 noon
CST (UTC-6)

MISSED A PROGRAM?

Programs uploaded each week to our YouTube channel.
Download study guides at RevelationsAncientDiscoveries.com



Pathway to Life

EVANGELISM IN PHOENIX

Our first evangelistic series this year will be held in Phoenix, Arizona, this month—and we are excited by this opportunity to reach out in that huge city!

Pathway to Life will be presented by well-known 3ABN speakers John Lomacang, CA Murray, Shelley Quinn, John Dinzey, and Kenny Shelton in five different locations for 15 nights. Their inspiring messages will serve as an evangelistic follow-up to the tremendously successful *Pathway to Health* free mega clinic event held last December at the enormous Arizona Convention Center.

Over the years, this major health initiative of the Seventh-day Adventist Church has provided over 23,000 people with free medical services worth over \$84 million, and has been made possible by the dedicated service of more than 9,000 volunteers.

Pathway to Life meetings will be held from February 23 through March 10, and will be broadcast on 3ABN television from February 24 through March 12. Each night will begin with an exciting iSite update from each of the locations, followed by a broadcast of the sermons by 3ABN’s director of world evangelism, Pastor John Lomacang.

“There are many paths one can take, he says, “like the pathway to riches,

education, success, notoriety, and fame. However, each of these paths has only a temporary life span.

“There is one journey, however, that will lead to the Pathway of Life—eternal life; and you’re invited to enter into this life-transforming journey.

“We will be sharing 15 Bible-centered messages that will inform, inspire, and enhance your life. We will provide carefully designed handouts to accompany each topic of this series that will lead you to discover the treasures contained in God’s Word, so I hope you will join us.”

Pastor Lomacang will be speaking from the Paradise Valley Seventh-day Adventist Church, and



Paradise Valley Seventh-day Adventist Church.

senior pastor, Jim Hakes is also excited. “Our church here in northern Phoenix is the home church for many of the leaders of the Pathway to Health ministry,” he

explains, “so they were delighted to bring their free health care services to their home city, and the Adventist churches of the Phoenix valley. We had been praying and planning with our conference leaders for ways to follow up on the *Pathway to Health* event, so our hearts were warmed when we heard 3ABN was willing to share in this evangelism opportunity.

“The work of the Adventist Church in large cities remains challenging and expensive today, just as it was in Ellen White’s day,” he continues. “The teamwork of the North American Division, the Pacific Union, the Arizona Conference, 3ABN, Pathway to Health, Weimar Institute, and GYC have brought leadership,

financial resources, and volunteers to us that are way beyond what our local churches might be able to do by ourselves.

“This cooperation of leaders from all these organizations is exciting and humbling to behold, and I believe God is leading. So we ask that all the 3ABN family around the globe to pray for us here in Phoenix.”

If you live in the area, Pastor Lomacang invites you to attend and support these evangelistic meetings. He says, “In a misguided world captured by the thrill of temporary success, why not make 2018 the year you enter into a new journey—a journey on the Pathway to Life? See you there!” ☺

BROADCAST TIMES Visit 3ABNPhoenix.com for local meeting times.

iSITE REVIEW (CST)	MEETING AIR DATE/TIME (CST)	TOPIC
Feb 24 at 6:30 p.m.	Feb 24 at 7:00 – 8:00 p.m.	It’s Coming!
Feb 25 at 6:30 p.m.	Feb 25 at 7:00 – 8:00 p.m.	Jesus, The Way Out
Feb 26 at 6:30 p.m.	Feb 26 at 7:00 – 8:00 p.m.	The Book That Breathes
Feb 27 at 6:30 p.m.	Feb 27 at 7:00 – 8:00 p.m.	Agent of Change
Feb 28 at 6:30 p.m.	Feb 28 at 7:00 – 8:00 p.m.	Get Connected
Mar 2 at 6:30 p.m.	Mar 2 at 7:00 – 8:00 p.m.	God’s Perfect Law
Mar 3 at 6:30 p.m.	Mar 3 at 7:00 – 8:00 p.m.	God’s Blessed Day
Mar 4 at 6:30 p.m.	Mar 4 at 7:00 – 8:00 p.m.	The Family Tree
Mar 5 at 6:30 p.m.	Mar 5 at 7:00 – 8:00 p.m.	Hope Beyond the Grave
Mar 6 at 6:30 p.m.	Mar 6 at 7:00 – 8:00 p.m.	Abundant Living
Mar 7 at 6:30 p.m.	Mar 7 at 7:00 – 8:00 p.m.	Washing Away the Past
Mar 9 at 6:30 p.m.	Mar 9 at 7:00 – 8:00 p.m.	Can You Hear Me Now?
Mar 10 at 6:30 p.m.	Mar 10 at 7:00 – 8:00 p.m.	Making Ends Meet
Mar 11 at 6:30 p.m.	Mar 11 at 7:00 – 8:00 p.m.	The Judgment Hour
Mar 12 at 6:30 p.m.	Mar 12 at 7:00 – 8:00 p.m.	The Glorious Return



DOWNLOAD STUDY GUIDES: 3ABNPhoenix.com





Changes at 3ABN | radio



With the help of carpenters, electricians, and painters, the construction of new offices and studios for 3ABN Radio is moving along. We can't wait to move into our new facilities!

Long ago, even before Benjamin Franklin, someone wrote, “Only two things are certain in life: death and taxes,” but while that saying has been around for centuries, there is a third one—changes at 3ABN! God is constantly leading us through the ups and downs of His ever-changing ministry, and while some call them upgrades and a few refer to them as modifications, others would rather just call them what they are... changes!

For many years, 3ABN operated three campuses for TV production: our world headquarters building, our Worship Center, and the “original building.” Those of us who have been here a while, still refer to that original building as “the uplink,” since that’s where our first master control room sent out our signal to satellite.

That building has also housed 3ABN Radio since it was established in 1999 and began broadcasting in February 2000. The buildings are only about four miles apart, but the plan has always been to move everyone onto one campus, here at our world headquarters.

Well, since this month marks the eighteenth anniversary of 3ABN Radio, the big change I want to tell you about is with us! Our new offices and studios are in the final stage of completion, even as you read this. It’s been a year of floor plans, framework, installing electricity, painting, light fixtures, carpet samples—and all the other stuff that goes with a brand new building project. The “what ifs” and the “whys and why nots” are ongoing, and they’ve created lots of changes along the way, as you can imagine, but the Lord always sees us through.

Recently, our administration invited us to move into temporary offices at the main headquarters building until our new facilities are finished. (*Yes! No driving on those icy country roads this winter. Okay, focus Nikki.*) So the week before Thanksgiving, we moved into temporary offices in the pastoral ministries department.

Although we didn’t take any equipment other than our computers, it was still quite a task. This was especially so for 3ABN Radio’s engineer, Michael Babb, who had to get our production team set up to edit, and all the other things they need to do. To top it all off, our general manager, Jay Christian, moved into an office at 3ABN’s Worship Center a few blocks away, since he’d battled with cancer this past year, and needed to avoid the “germfest” that is always

present among a large body of people. As always, Michael keeps us communicating with each other, and we are able to continue our work.

Recently, the television staff blessed us by helping us find a way to continue recording—they actually let us invade their studio space! They really showed us God’s grace through their willingness to help us continue our work in this temporary situation. Even the pastoral ministries staff seems to like having us here—although we tend to be a bit noisy!

Through it all, we know the Lord is leading and guiding to keep His ministry moving on the right path. We praise Him and thank Him for our new home, and, above all, we praise His goodness and mercy for all of us as we try to do our best for Him! 🌟



Until recently, 3ABN Radio studios and offices were located in our “original building,” commonly referred to as the Uplink Center.



With the help of the television studio staff, *Crossroads on 3ABN Radio* host, Angela Lomacang (right), interviews well-known speaker and author, Dr. Kay Kuzma (left) in TV Studio B.





PST -2 hours • MT -1 hour • EST +1 hour **Red titles are changes effective this month.**
CC = CLOSED CAPTIONED **L** = LIVE PROGRAM **★** = NEW SERIES **↻** = REPEAT OF LIVE PROGRAM

CST	SUNDAY
2:00a	Pillars of Faith CC 1hr
3:00	Featured Ministries CC
3:30	From Sickness to Health CC
4:00	In the Beginning CC
5:00	Revelation's Ancient Discoveries CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Melody From My Heart CC
7:00	Kids Time CC
7:30	Praise!
8:00	3ABN Today CC 1hr
9:00	Your Favorites by Request CC
9:30	Adventures in Missions CC
10:00	Focus on God's Word CC 1hr
11:00	Inspirational Hour CC 1hr
12:00p	HeartLift CC
12:30	Pressing in to His Presence CC
1:00	A Sharper Focus L 1hr
2:00	Body & Spirit CC
2:30	Tiny Tots for Jesus CC
3:00	3ABN Today LIVE L 2hrs
5:00	The Carter Report CC 1hr
6:00	Sabbath School Panel CC 1hr
7:00	Multitude of Counselors CC
7:30	Perfecting Me CC
8:00	3ABN Today CC 1hr
9:00	Discover Prophecy CC 1hr
10:00	Featured Ministries CC
10:30	Your Favorites by Request CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

CST	MONDAY
2:00a	Life Discovery Series CC 1hr
3:00	Homecoming 2015 CC 1hr
4:00	Table Talk CC 1hr
5:00	Praise! CC
5:30	Wonderfully Made CC
6:00	Body & Spirit CC
6:30	Pressing in to His Presence CC
7:00	Thunder in the Holy Land CC
7:30	Ultimate Prescription CC
8:00	3ABN Today CC 1hr
9:00	House Calls CC 1hr
10:00	Free Indeed CC
10:30	Books of the Book CC
11:00	Revelation of Hope CC
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	Heaven's Point of View (Frank Fournier) CC
3:00	3ABN Today CC 1hr
4:00	Tiny Tots for Jesus CC
4:30	Kids Time CC
5:00	Liberty Insider CC
5:30	Your Favorites by Request CC
6:00	Grace Pipeline CC
6:30	Mission 360 CC
7:00	Revelation's Ancient Discoveries CC 1hr
8:00	3ABN Today CC 1hr
9:00	Spring Camp Meeting 2017 CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today CC 1hr
12:00a	ASI Conventions CC 1hr
1:00	Books of the Book CC
1:30	Battles of Faith CC

CST	TUESDAY
2:00a	Optimize 4 Life CC
2:30	Perfecting Me CC
3:00	Melody From My Heart CC
3:30	Free Indeed CC
4:00	House Calls CC 1hr
5:00	Salvation in Symbols and Signs CC
5:30	Cook:30.2 CC
6:00	Body & Spirit Aerobics CC
6:30	The Heavens Declare CC
7:00	Health for a Lifetime CC
7:30	In the Footsteps of Paul CC
8:00	3ABN Today LIVE L 2hrs
10:00	Pressing in to His Presence CC
10:30	Thunder in the Holy Land CC
11:00	Featured Ministries CC
11:30	Books of the Book CC
12:00p	Spring Camp Meeting 2016 CC 1hr
1:00	Hope in Motion CC
1:30	Cook:30.2 CC
2:00	Body & Spirit CC
2:30	HeartLift CC
3:00	3ABN Today CC 1hr
4:00	Tiny Tots for Jesus CC
4:30	Kids Time CC
5:00	Kids Time Praise CC
5:30	Multitude of Counselors CC
6:00	House Calls CC 1hr
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Sabbath School Panel CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Heaven's Point of View CC
12:30	Exalting His Word CC
1:00	Contending for the Faith CC
1:30	Ultimate Prescription CC

CST	WEDNESDAY
2:00a	Celebrating Life in Recovery CC 1hr
3:00	Revelation's Ancient Discoveries CC 1hr
4:00	Spring Camp Meeting 2016 CC 1hr
5:00	Divine Design /Hallelujah We're Home... CC
5:30	Adventures in Missions CC
6:00	Body & Spirit CC
6:30	LifeStart Seminars CC
7:00	Amazing Facts Presents CC
7:30	It Is Written Canada CC
8:00	3ABN Today CC 1hr
9:00	Remodeling Your Life CC
9:30	Divine Design/Grandma's House CC
10:00	Melody From My Heart CC
10:30	Salvation in Symbols and Signs CC
11:00	Table Talk CC 1hr
12:00p	3ABN On the Road CC 1hr
1:00	Issues and Answers CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today CC 1hr
4:00	Tiny Tots for Jesus CC
4:30	Kids Time CC
5:00	Everlasting Gospel CC 1hr
6:00	GYC CC 1hr
7:00	A Sharper Focus L 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts Presents CC
9:30	I Want This City CC
10:00	It Is Written CC
10:30	Liberty Insider CC
11:00	3ABN Today CC 1hr
12:00a	A Sharper Focus L 1hr
1:00	In the Footsteps of Paul CC
1:30	Divine Design/His Words Are Life CC

SALVATION IN SYMBOLS & SIGNS



Co-hosts Ivor Myers and James Rafferty bring an easy-to-understand approach to the book of Revelation.



Salvation In Symbols & Signs

Tuesdays at 5:00 a.m., Wednesdays at 10:30 a.m., and Saturdays at 6:30 p.m. CST (UTC-6)

CST THURSDAY

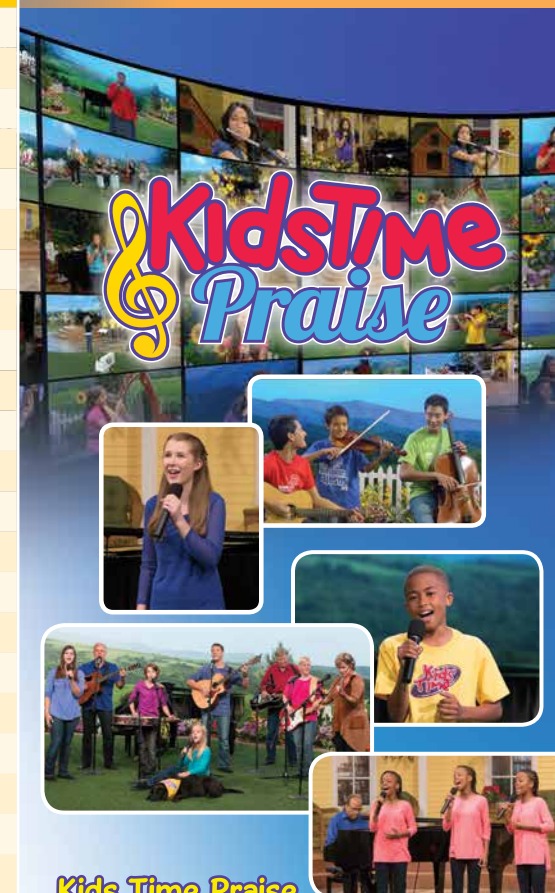
2:00a	Books of the Book CC
2:30	Grace Pipeline CC
3:00	Spring Camp Meeting 2017 CC 1hr
4:00	Remodeling Your Life CC
4:30	Issues & Answers CC
5:00	Discover CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Jesus for Asia Now CC
7:00	Homecoming 2015 CC 1hr
8:00	3ABN Today CC 1hr
9:00	GYC CC 1hr
10:00	From Sickness to Health CC
10:30	HeartLift CC
11:00	Celebrating Life in Recovery CC 1hr
12:00p	Ultimate Prescription CC
12:30	Multitude of Counselors CC
1:00	Books of the Book CC
1:30	Taste of Paradise CC
2:00	Body & Spirit CC
2:30	Contending for the Faith CC
3:00	3ABN Today CC 1hr
4:00	Tiny Tots for Jesus CC
4:30	Kids Time CC
5:00	Optimize 4 Life CC
5:30	Music CC
6:00	The Carter Report CC 1hr
7:00	Sabbath School Study Hour CC 1hr
8:00	3ABN Today LIVE CC 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Table Talk CC 1hr
1:00	3ABN Today LIVE CC 1hr

CST FRIDAY

2:00a	3ABN Today LIVE (continued) CC 1hr
3:00	Revelation of Hope CC 1hr
4:00	Liberty Insider CC
4:30	Battles of Faith CC
5:00	Sabbath School Study Hour CC 1hr
6:00	Body & Spirit CC
6:30	His Words Are Life/Grandma's House CC
7:00	Revelation Now CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Health for a Lifetime CC
10:30	Divine Design/Grandma's House CC
11:00	Secrets Unsealed Presents CC 1hr
12:00p	Sabbath School Panel CC 1hr
1:00	Remodeling Your Life CC
1:30	Cook:30.2 CC
2:00	Action 4 Life CC
2:30	Your Favorites by Request CC
3:00	3ABN Today CC 1hr
4:00	Tiny Tots for Jesus CC
4:30	Kids Time CC
5:00	Featured Ministries CC
5:30	Music CC
6:00	Jesus for Asia Now CC
6:30	Camp Meeting Music Projects CC 1.5hrs
8:00	3ABN Today Family Worship CC 1hr
9:00	It Is Written CC
9:30	Maranatha Mission Stories CC
10:00	Mission 360 CC
10:30	Hope in Motion CC
11:00	3ABN Today Family Worship CC 1hr
12:00a	A Sharper Focus CC 1hr
1:00	Breath of Life CC
1:30	Thunder in the Holy Land CC

CST SATURDAY

2:00a	Praise! CC
2:30	In the Footsteps of Paul CC
3:00	Give Me the Bible CC 1hr
4:00	Focus on God's Word CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Perfecting Me CC
6:30	Tiny Tots for Jesus CC
7:00	Kids Time Praise CC
7:30	Kids Time CC
8:00	3ABN Today CC 1hr
9:00	Sabbath School Panel CC 1hr
10:00	Kenneth Cox Ministries CC 1hr
11:00	Worship Hour CC 1hr
12:00p	Revelation's Ancient Discoveries CC 1hr
1:00	New Perceptions CC 1hr
2:00	Sabbath School Study Hour CC 1hr
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	Kids Time CC
5:00	Kids Time Praise CC
5:30	Tiny Tots for Jesus CC
6:00	Laymen Ministries CC
6:30	Salvation in Symbols and Signs CC
7:00	Breath of Life CC
7:30	Multitude of Counselors CC
8:00	3ABN Today CC 1hr
9:00	Table Talk CC 1hr
10:00	Grace Pipeline CC
10:30	Making Waves CC
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	GYC CC 1hr



KidTime Praise

Join Miss Brenda and her young musical guests for an uplifting half hour of praise and worship. You'll enjoy a wide variety of music from children of all ages who are using their talents to glorify Him!

**Tuesdays at 5:00 p.m.,
Saturdays at 7:00 a.m. & 5:00 p.m.
CST (UTC-6)**



SEEK AND YOU WILL FIND

Every day, millions of people realize that they are facing perilous times, and in desperation, they are turning to anything that can provide them with answers to the tragedies, natural disasters, and political strife that seem to be everyday news. When they find the Bible-based truths on 3ABN television and radio, they are excited! And once they understand God's plan for their lives, they feel a tremendous need to meet and join with fellow believers. Here are some of the messages we receive every day from viewers and listeners around the world.

They Just Walk In

Kim, in Ridgecrest, California, let us know that two new members were baptized recently in the Lake Isabella Seventh-day Adventist Church. "When they came to our church months ago, they said they knew all our beliefs from watching 3ABN," she says, adding that they were ready and eager to join the church. Praise God!

Betty, in Davenport, Iowa echoes Kim's report, saying, "More and more people are showing up at church because of 3ABN TV and radio. God certainly is using 3ABN to gather His people in. Thank you for your wonderful ministry."

"More and more people are showing up at church because of 3ABN TV and radio. God certainly is using 3ABN to gather His people in."

A Desire to Learn

We often hear that when someone who is searching for truth finds our programming, they feel very excited. Then, as they watch and listen, they quickly develop an insatiable desire to learn more, often staying up into the wee hours of the morning watching or listening to 3ABN. This was Lillian's experience in Reisterstown, Maryland. "I started feeding on God's Word day and night," she says, "and I became convicted. Prior to that, I didn't know how

truly lost I was, but God had mercy on me, and plucked me out of darkness into the light. Praise the Lord for 3ABN!" She tells us that she was baptized nearly four years ago, and joined the Seventh-day Adventist Church.

Others indicate that although they've been Christians for many years, they're thrilled to discover how to unlock biblical prophecies.

"I have been a Christian for over 60 years," says Brenda, from Buffalo, Kentucky," but I feel like I am just now learning the whole truth of God's Word! I have had a love for the books of Daniel and Revelation for many years, and now I have great hope and trust in our Savior. I study God's Word daily, and want to share His love with everyone."

Volva sent us an email saying, "We get 3ABN Proclaim! over our Roku box, which we purchased just so we could get your station. I know you have opened my husband's eyes, and made us know that the Seventh-day Adventists bring us the truth.... I know God is blessing this ministry."

Send Us Your Story

What has God done in your life as you've watched and listened to our Christ-centered programming? Let us know, and we will rejoice together as we continue to proclaim the three angels' messages of Revelation 14:6-12 to the whole world! ☺

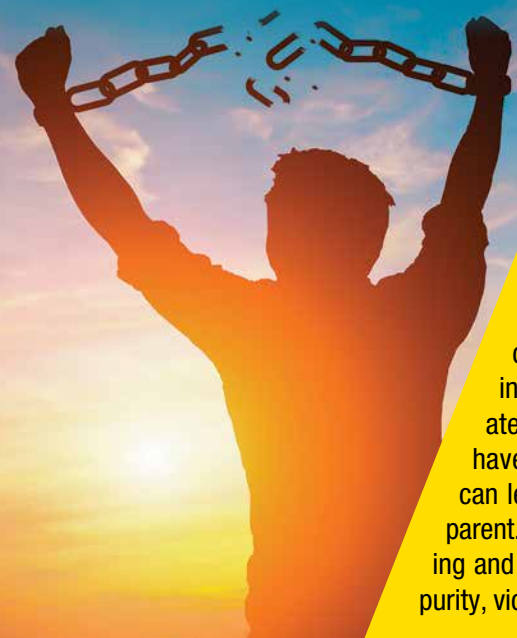


Email: 3abnworld@3abn.org

Write: 3ABN WORLD NEWS

PO BOX 220

West Frankfort IL 62896



God has opened the prison doors! Dare to Dream has the opportunity to inspire, instruct, and encourage inmates at 50 correctional facilities by sending them pre-programmed hard drives that share our Adventist message. Thousands of hours of cutting-edge programs will be directly piped into prison cells. Just think about it—incarcerated men and women around this country will have the opportunity to hear about Jesus! They can learn everything from how to pray, to how to parent. We offer information on healthy living, obtaining and maintaining productive relationships, sexual purity, victory from sin's bondage, and so much more.

The New Journey was created for offenders, and is hosted by an ex-offender. It offers great role models who were themselves enslaved to the world, but found a way out through Jesus! We can bring hope to the hopeless, and a way out of their despair.



Host,
Aaron Chancy

God Opens Prison Doors— and We're Going In!



Be sure to earmark your donation

**#420 - D2D Hard
Drives for Prison**

Will you help us? We need to raise \$25,000 to purchase the hard drives that will service 50 prisons. Please ask for the Holy Spirit's guidance, and then give as He prompts you. Your love gift will be tax-deductible, and you can impact thousands for the cause of Christ. Thank you, and may God richly bless you for your generosity.



BROWNIE FUDGE & REAL ALMOND MILK

Heidi Tompkins and Ivan Raj



FUDGE INGREDIENTS

- ½ very ripe banana
- 2 Tbsp carob powder
- 4 Tbsp cream of coconut
- 4 Tbsp raw honey*
- 2 Tbsp moist almond pulp (see milk recipe below)
- 1 tsp vanilla flavor

DIRECTIONS

1. Place banana, carob powder, cream of coconut, honey, almond pulp, and vanilla in food processor.
2. Process until smooth.
3. Spread thinly in a casserole dish and chill in refrigerator or freezer until firm.

**Honey can be replaced with coconut nectar if desired.*

REAL ALMOND MILK

- 1 cup almonds, soaked overnight in water with ½ tsp. salt
 - 3 cups water
 - ½ tsp vanilla
 - dash of salt
 - 4 pitted dates
1. Drain almonds and place all ingredients in blender.
 2. Blend until creamy, strain through a nut milk bag or cheese-cloth, and chill.



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