

homemade non-dairy milk

SERVES 2-3

PREPTIME: 5 minutes plus soaking overnight

1 cup nut, seed or grain of choice
(almond, cashew, quinoa, coconut, etc)
2-4 cups filtered water
Optional flavoring (vanilla extract, cocoa powder,
cinnamon, nutmeg, etc)

PLACE nut, seed or grain of choice in a bowl or other container with water and soak overnight.

RINSE and drain thoroughly.

PLACE in a high-powered blender and add 2 cups of filtered water to start. Blend for 1 minute. Add additional water and continue blending until desired consistency is reached.

PLACE a nut milk bag or cheesecloth over a large container and strain milk.

GENTLY squeeze the bag until all liquid has passed through. You can use the leftover pulp to make crackers, cookie or flour.

FLAVOR with 1 teaspoon of vanilla, cocoa powder, cinnamon, etc of choice (completely optional).

SOAK. BLEND. STRAIN. FLAVOR.
(it's that easy!)

