

# Homemade Nut Milk

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Homemade nut milk is heavenly and so easy to make. Almond is the most commonly used nut because of its mellow flavor. But do experiment with other nuts and seeds, just keep in mind that the milk will retain the distinct flavor of the nut or seed used.

Soaking the seeds or nuts is recommended but not absolutely necessary. Soaked seeds and nuts tend to be easier to digest and have improved availability to the cells. Straining the nut milk is optional (It makes for a smoother, more drinkable milk, besides the fact that it's lots of fun, but if you plan to use the milk in a smoothie or on cereal, you may just want to skip this step).

## **Equipment:**

Mason Jar or glass pitcher (for soaking and for storing your final product)  
blender  
cheese cloth, fine-meshed sieve or nut milk bag (optional)

## **Ingredients:**

1 cup any raw nuts or raw seeds (or a combination)  
4 cups water (use less for thicker, richer milk)  
Flavoring and sweetener of your choice, to taste (see below)

## **Ingredient options:**

Raw Nuts: almonds, cashews, brazil nuts, hazelnuts, macadamias, pecans, pistachios, walnuts  
Raw Seeds: hemp, sunflower, flax, chia, pumpkin, sesame, pine nuts  
Flavorings: vanilla extract, almond extract, carob powder, cinnamon, cardamom, ginger, fresh

fruit (remember strawberry milk?)

Sweeteners: stevia, maple syrup, honey, agave, dates

### **Directions:**

1. Soak the seeds or nuts in enough water to cover. Preferably overnight if you can but an hour is fine if you're pressed for time.
2. Drain the water and rinse the nuts or seeds well.
3. Blend the nuts or seeds with the 4 cups water, flavoring and sweetener of choice until smooth.
4. Strain the milk over a bowl, using a nut milk bag, cheese cloth or fine-meshed sieve.
5. Transfer the milk to a sealed glass container and store in the refrigerator for up to 5 days.

### **Note about the leftover pulp:**

If you opt to strain your milk, you may wonder what to do with the pulp. Many people don't like to throw it away. Here are a few ideas to try:

1. Nut Flour. The pulp can be dehydrated or placed in a 200 degree oven until dried. Grind the dried pulp in a spice grinder or high-speed blender until fine.
2. Raw cookies. Blend the pulp with some dates, nut butter, shredded coconut and sweet spices. Roll into balls and roll in shredded coconut or carob powder.
3. Body Scrub. (I tried this with the almond pulp. My skin was sooooo soft! Keep the pulp in the refrigerator until ready to use. It will only last a day or two.)