

# homemade nut milk

Nut milks are a great source of beneficial fats and plant-based proteins. Nut and seed milks are my liquid of choice for making hot cereals and porridges and Chia Breakfast Pudding because they are lighter in texture and they don't curdle as much when you add fresh fruit to them. And you can dehydrate the leftover pulp to make nut meal to use as an alternative to flour – zero waste! Making dairy alternative milks at home is super easy, and you won't be paying for a lot of additives, sweeteners, and packaging.

*Makes approximately 1 qt milk and ½ c dehydrated nut meal*

## ingredients

- 1 c any variety of tree nut or seed (no need to peel almonds, hazelnuts, etc.)
- cold water to cover
- 3 c cold water (I use filtered)

## method

1. Soak the nuts or seeds for 12-24 hours in enough cold water to cover them. The exception to this is hemp seeds – no need to soak.
2. Drain and rinse thoroughly.
3. Combine the nuts and the 4½ cups cold water in the blender, and liquefy – this will take 3-5 minutes, depending on the power of your blender.
4. If desired, pour the mixture into a bowl through a sieve lined with a double layer of cheesecloth or a jelly or nut milk bag (look in the canning section of your local hardware store for these). Squeeze the pulp well to get every last drop of milk out.
5. Store the milk in tightly covered glass jars (recycled work great!) in the fridge.
6. Spread the pulp out on a baking sheet, and dehydrate at room temperature (about 24 hours, depending on the humidity) or in an oven that's been turned off after baking something in it – might as well take advantage of that residual heat! When dry, put it in a food processor to remove the lumps and store in a tightly covered container in the freezer.

## variations

1. Any sort of tree nut will do for this recipe – the larger the nut, the longer you should soak it. Cashews (not technically a nut) have an added bonus – the milk doesn't need to be strained, or you can let the pulp settle to the bottom and pour off the milk. Coconut: use 1 c unsweetened dried shredded coconut.
2. Seeds will also work: flax seeds – use 2 T seeds to 3 c water; hemp seeds needn't be soaked first.
3. You can add a splash of vanilla if you'll be using the milk for sweet dishes or for cereal.
4. Blend with 2 T cocoa powder and sweeten to taste with raw honey for chocolate milk.

## do ahead

The milk will last up to a week in the refrigerator in a tightly sealed glass jar. If it separates, just give it a good shake.

