

## Basic Plant Milks

### Nut / Seed Milk

1 cup nuts or seeds, soaked (almond, cashew, hazelnut, walnut, pecan, pumpkin, hemp)

3 cups water

Pinch salt

To sweeten:

1-3 dates, pitted and soft

½ tsp vanilla (optional)

Soak nuts by covering in water for 4-8 hours, and seeds for 2-4 hours.

Drain, rinse and add to blender with fresh water and pinch of salt. If you want it sweetened and flavored, add dates and vanilla to the blender as well. Start blending on low, gradually moving up to high speed for at least 1 minute.

Open a nut milk bag over a bowl/jar and pour nut milk through the bag. You can use a fine sieve as well. Gather the top of the bag and twist. Holding the top with one hand, use the other hand to massage and gently squeeze the bag to release the milk, until only the pulp/fiber is left in the nut milk bag.

Refrigerate the milk, as it will keep for 5 days.



## **Oat milk**

1 cup rolled oats

5 cups water

Pinch salt

½ tsp cinnamon

½ tsp vanilla

Combine everything in a blender and blend for up to a minute. Use a nut milk bag or fine sieve to separate the pulp from the liquid. Store sealed for up to 5 days in the fridge. It will naturally separate, so shake well before serving. The oats can be soaked and rinsed to reduce the stringiness of the milk.

## **Coconut Milk**

1 cup coconut chips

4 cups warm water

1 tsp vanilla (optional)

Combine everything in a blender and blend until creamy white. Use a nut milk bag or fine sieve to separate liquid from the pulp. This milk can also be made in a bowl, with warm water and squeezing the coconut flakes with your hands.

This milk will separate and the oil will become a solid layer when cold. Bring to room temp or blend again to combine. Keeps for about 7 days in the fridge.

\*This is a cheap way to make coconut milk that is used in soups, sauces and cooking grains. It's pretty thin for drinking and making yogurt.

## **Cashew Hemp Milk – no filtering necessary**

3/4 cup cashews, soaked for two hours

1/4 cup hemp seeds

3-4 cups water

Combine the soaked cashews and hemp seeds with the water. Blend until smooth and creamy for at least 1 minute. This combination does not need to be filtered. The cashews and hemp seeds are softer than other nuts and break down to a smooth cream. If you have a high speed blender, you don't need to soak the cashews. You can also soak the cashews in hot water for 30 minutes to speed up soak time. Keep in fridge for 5-7 days.