

Nut Milk & Rice Milk

For those who don't like soymilk, try making your own nut milk using either cashews, almonds or other favorite nut (brazil, hazelnut, etc).

Basic recipe (can be altered to taste, mix nuts and or seeds)

1 cup raw cashews (rinsed) (or almonds, or other nuts)

2 Tbsp sweetener (use honey or agave nectar or you can use 4 dates)

½ tsp salt

1 ½ cups purified water

4 cups purified water

Directions:

Put first five ingredients into blender. Blend until very smooth. (At least two minutes or more) No need to strain, unless you want it very clear. If you do, use a cheesecloth to strain. Chill and serve

A different and possibly better product for blending easier and keeping longer in the refrigerator is as follows:

Place the nuts and the 1 ½ cups water into a saucepan and bring to a boil. Drain and rinse the boiled nuts and blend with a new 1 ½ cups water, sweetener, salt and vanilla in blender for about 2 minutes. After blending add the remaining 4 cups of water and blend again. Chill and serve, or serve warm if preferred.



Cashew Rice Milk

1/3 cup raw cashews
2 Tbsp sweetener (use honey or agave nectar or you can use 4 dates)
1 ½ cups well cooked brown rice
3/8 tsp salt
2 tsp vanilla
6 cups purified water (approximately)

In a saucepan, place the rice and cashews and cover with water and bring to a boil. (Can also use a microwave to do this). Place the hot mixture in the blender with remaining ingredients except the water. Blend it smooth and thick adding a little of the water only as necessary to enable it to blend. Blend well (at least for 2 minutes) until totally smooth with no graininess seen or felt. Add the remaining water plus extra if needed to make approximately 6 to 7 cups of milk, depending on the richness desired.

Other options: try adding strawberries, blueberries, bananas or other fresh fruit to your “milk” for a smoothie. Smoothies are sometimes very nice to use instead of milk in cereal or with cooked grains.

