

Non Dairy Milks

#1 Raw Nut Milk

Yield: approximately 4 cups

1 cup raw, unsalted nuts (almonds, cashews, Brazil nuts, hazelnuts, pecans, macadamia nuts, or walnuts)

2 to 3 cups water for soaking cashews

4 cups water for blending

Soak nuts in 2 to 3 cups of water for 3 hours. Drain and discard the water.

Blend the soaked nuts with 4 cups water until the mixture is almost smooth.

Strain the blended nut mixture with a nut bag, butter muslin or tight weave cheesecloth. Twist the top tight so you can continue to squeeze out more of the milk. Use right away or refrigerate for up to 3 or 4 days.

Nut pulp can be used in muffins, cookies or quick breads.

#2 Rice Milk

Yield: approximately 4 cups

1 cup cooked rice

4 cups water

Blend rice and water until smooth. Strain the blended cashew mixture with a nut bag, butter muslin or tight weave cheesecloth. Twist the top tight so you can continue to squeeze out more milk. Use right away or refrigerate for up to 3 or 4 days.

Dried rice pulp can used as rice flour in recipes.

#3 Hemp Milk

Yield: approximately 4 cups

½ cup organic, hulled hemp seeds or hemp hearts

4 cups water

Blend the hemp hearts and water until smooth. Strain the blended hemp mixture with a nut bag, butter muslin or tight weave cheesecloth. Twist the top tight so you can continue to squeeze out more of the milk. Use right away or refrigerate for up to 5 days.

Non Dairy Milks

#4 Coconut Milk

Yield: approximately 4 cups

2 cups unsweetened shredded coconut

4 cups water

½ tsp guar gum (optional)

Heat water until warm but not boiling. Blend coconut and warm water until smooth.

Strain the blended nut mixture with a nut bag, butter muslin or tight weave cheesecloth. Twist the top tight so you can continue to squeeze out more of the milk.

Optional: add guar gum to strained milk for a smoother coconut milk for drinking, cooking or making ice cream. Pulse a few times in a blender. Use right away or refrigerate for up to 5 days.

Coconut pulp can be used in muffins, cookies or quick breads.

#5 Sunflower Seed Milk

Yield: approximately 4 cups

1 cup raw, unsalted sunflower seeds

2 to 3 cups water for soaking seeds

4 cups water for blending

Soak sunflower seeds in 2 to 3 cups of water 8 hours or overnight. Drain and discard the water.

Blend the soaked sunflower seeds with 4 cups water until the mixture is almost smooth.

Strain the blended nut mixture with a nut bag, butter muslin or tight weave cheesecloth. Twist the top tight so you can continue to squeeze out more of the milk. Use right away or refrigerate for up to 3 or 4 days.

Seed pulp can be used in muffins, cookies or quick breads.