

My favorite homemade Nut Milks

» Nut Milk

Ingredients:

handful of mix nuts - soaked
(macadamia, cashew, almond and hazelnut)
2 tbsp shredded coconut
1 tbsp chia seeds
4 - 5 pitted dates
seeds of 1/4 vanilla bean
pinch Himalayan salt
4 cup filtered water

» Hemp seed Milk

Ingredients:

1 cup raw shelled hemp seeds
4 - 5 pitted dates
seeds of 1/4 vanilla bean
2 tbsp shredded coconut
1 tbsp chia seeds
pinch Himalayan salt
4 cups filtered water

Directions

Place all the ingredients in the Vitamix or other high speed blender and start blending at low speed to increase to high speed until smooth (all of the nuts are completely pulverized). Strain the milk with a nut milk bag (you can find in health food stores).

» Almond Milk

Ingredients:

1 cup almond
(soaked 8- 12 hours)
3- 4 cup filtered water
seeds of 1/4 vanilla bean
4 - 5 pitted dates
pinch Himalayan salt
1 tbsp coconut butter or 1 tbsp chia seeds



Directions

Place almonds and water in a high speed blender and start blending at low speed to increase to high speed until all of the nuts are completely pulverized, strain the milk with a nut milk bag. Pour your milk in the blender and add the rest of the ingredients and blend until smooth.

What to do with the leftover from making nut milk:

There are so many different uses for the fresh leftover pulp you can add it to smoothies or your morning oatmeal, you can add it to dips, homemade granola, to your cookies, muffins, pancakes, cakes or crackers, you can keep it in the fridge for a few days or you can even dehydrate it and then blend it up to make flour. Don't own a dehydrator? No worries. All you need is an oven. When all else fails freeze it for later or compost it if you really don't have room for it.

How to Make Almond Meal (Flour)

Instead of throwing away the leftover pulp after making homemade almond milk, dry it to make almond meal.

Recommended Equipment

oven or dehydrator

large baking sheet

blender, food processor or coffee grinder (optional)

Directions

Pre-heat the oven to the lowest possible setting. Mine is 60 degrees, but yours might be different. Break up the almond pulp in your fingers and spread it out on a baking sheet. Place it in the oven and set a timer for about 4 hours. When the timer goes off, check the almond pulp by rubbing it between your fingers. If you still feel some moisture, put it back in for another hour, or until it's completely dry. Put the meal in a blender, food processor or coffee grinder and blitz until fine, it becomes almond flour. Once it has been dehydrated it will have a longer shelf life, store in an airtight container or glass jar.