



HOMEMADE NUT MILK



Ingredients

- 1 cup of nuts (see Notes)
- 3–4 cups of filtered water

Optional Add-ins

- 1–2 tbsp maple syrup or other natural sweetener, or a few pitted dates
- 1 tsp vanilla extract
- Pinch of salt

Instructions

1. Soak the nuts based on the [Soaking Times for Nuts](#) chart.
2. Drain and rinse the nuts.
3. Blend the soaked nuts with 3–4 cups of water for 1–2 minutes, until smooth.
4. Strain the mixture through a nut milk bag or fine strainer, pressing to extract all liquid.
5. (Optional) Add sweeteners and flavourings, then blend briefly.

Notes & Tips

- **Nuts suitable for nut milks:** almonds, cashews, pecans, walnuts, hazelnuts, macadamia, peanuts, and pistachios.
- **Storage:** Store nut milk in an airtight container in the fridge for 3–5 days. Shake well before use as it may naturally separate.
- **Tip:** Save the nut pulp leftover from straining. It can be used in smoothies, baking, or as a base for oatmeal or granola.

