

# 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.

