

HOW TO MAKE YOUR OWN NUT MILK

Step 1: Soak

Soaking your nuts will make them softer to make creamy nut milk. It also helps to remove naturally occurring anti-nutrients or toxins such as **phytic acid**, tannins, and goitrogens. Soaking makes the nuts easier to digest and adds up to the flavor.

Place your favorite nuts in a glass bowl or jar and fill it up with filtered water. Make sure the water covers all the nuts. Cover and leave in a cool place or place them in the refrigerator. Check out the minimum soaking times below. After soaking discard the water and rinse with fresh water.

- **Almonds**: 8-12h
- Pecans: 4-6h
- Macadamia nuts: 8h
- Brazil nuts: no soaking required
- **Cashew nuts**: 2h
- Peanuts: 8h
- Hazelnut: 8h
- **Pistachios**: no soaking required
- Walnuts: 4h

You can also use seeds or other nuts of your liking. Soak at least 4-5 hours. Overnight is best.

Step 2: Blend

Place soaked nuts with filtered water in your blender and blend for 1-2 minutes. Can't be any simpler than that. Use about 3 to 4 cups of filtered water per cup of soaked nuts. If you want a thicker nut milk use less water. Start with 2 cups and add more water until you have the consistency you prefer.

Step 3: Be Creative (optional)

Although nut milk is nothing more than **nuts** and water, adding a pinch of sea salt, cinnamon powder, raw cacao powder, raw honey, vanilla, dates, **cardamom**, or **turmeric** makes it more interesting and nutritious. There are of course much more flavors you can add, it's up to you to experiment with the flavors you love.

Before going to the next step, make sure all ingredients are well blended.

Step 4: Strain

Strain the milk through a **nut milk bag** into a bowl. Squeeze well to get all the milk out. You could also use a cheese cloth but nut milk bags have better results.

FYI: you can use the leftover pulp in **smoothies**, baked goods, dips, or dehydrate it to make nut flours. You can even freeze it for later use or **compost** it.

Step 5: Store And Use

Store the nut milk in the fridge, preferably in a glass jar or bottle with lid. It'll be good for about a week or more.

It is normal for homemade nut milk to separate, so give it a good shake before using it.

Add nut milk to your **smoothies**, muesli, porridge, dips, vegan-style desserts, or baked goods.

You can gently heat nut milks to make delicious lattes or other coffee alternatives.

Check out my previous article for some inspiration: