

JOURNEY TO HEALTHY EATING

Dairy Free Milk

How to make plant based milk – no additives - only pennies a cup

Making plant based milks does not have to be tedious with soaking nuts and using a nut bag. I have been using this quick and easy method for years and it cost just pennies a cup with no additives. I do not add sweetener, but if this was important for you add a touch of maple syrup or date sugar. Keep plant milks in refrigerator, and use within 4-5 days.

Almond milk is more reminiscent to skim milk. It is more economical than cashew milk. I usually use almond milk in cereals and baking. I find it is not rich enough for sauces and soups and it tends to be a bit grainy, as I do not strain out the pulp.

Almond Milk - keeps for 4-5 days in fridge

- To each cup of water add 7-8 blanched almonds
- VitaMix for 1 minute to pulverize.
- No need to strain. Pour into bottle.
- Gentle shake before using.

If you prefer a richer milk

- To each cup of water add 7-8 blanched almonds
- To each cup of water add 1 tsp hemp hearts
- VitaMix for 1 minute to pulverize.
- No need to strain. Pour into bottle.
- Gentle shake before using.

*No high speed blender

- To each cup of water add 1 tsp almond butter
- In regular blender blend until creamy.
- No need to strain. Pour into bottle.
- Gentle shake before using.