

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.

Cashew milk is rich and creamy and my plant milk of choice although it cost a bit more to make. Still only pennies per cup when comparing to store bought. I prefer cashew milk for scalloped potatoes, cream based soups, puddings and sauces. While almond milk separates and curdles when heated cashew milk stays creamy.

Cashew Milk - keeps for 4-5 days in fridge

- To each cup of water add 6-7 raw cashews (when using in cereals and baking)
- *To each cup of water add 10-12 cashews (when using in scalloped potatoes, soups and sauces)
- VitaMix for 1 minute to pulverize.
- No need to strain. Pour into bottle.
- Gently shake before using.

***No high speed blender**

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