

Nut/Seed 'Milk'

Swick

Makes 3 cups | Active Time: 15 minutes | Total Time: 4 hours

Step 1: Making the 'Milk'

- 1 cup raw nuts or seeds*
- 3 cups filtered water
- 2 dates (optional)
- 1 tsp vanilla powder or 1/2 vanilla pod (optional)

*Note: Almonds make for great nut milk; however, many other nuts and/or seeds are also delicious. Feel free to experiment to see what your favorite is.

Place the nuts in the filtered water and set aside to soak overnight.

If using dates, soak them for a few hours to soften. If using a vanilla pod, finely chop and add to the dates as they soak.

To prepare the nut milk, place the nuts along with fresh water in a high-speed blender. Add the dates and vanilla, if using. Process on high until very smooth.

Pour the mixture into a nut bag and let drain over a bowl or jug until the pulp is almost dry. The liquid that drains is the nut milk. Alternatively, you can just use the whole mixture, pulp and all. *Note: Cheesecloth or mesh produce bags also work for straining the "milk".

Pour into a container, cover, and refrigerate until ready to use.

Chef's Notes

The leftover nut pulp can be dehydrated. Spread the pulp out onto dehydrator sheets and dehydrate for 4 to 6 hours or until crisp. Once done, blend in a food processor and then sift.

When using seeds, such as hemp or sesame, you may not need to strain them as they are more delicate. Seeds have a bit more bitterness to them than nuts so you may need to add sweetener.