

Ingredients

- 1 cup raw nuts (almonds, cashews, hazelnuts or macadamias)
- 4 - 6 cups filtered water
- Optional: pinch of vanilla extract or 1-2 fresh dates for sweetness

Method

- Soak nuts overnight
- Rinse and drain well
- Blend nuts with 4 cups of the filtered water (and optional extras) for 1-2 minutes until creamy
- Strain through a nut milk bag or cheesecloth
- Stir extra water into milk
- Store in the fridge for 3-4 days

Perfect for smoothies, coffee, oats or post-workout shakes.



Easy Homemade Nut Milk



Serves 1

Making your own nut milk at home is easier than you think and it's free from the gums, preservatives and additives often found in store-bought versions.