



Simple and Quick DIY Nut Milk Hack

This **5 minute (including clean-up) recipe is a package-free, super quick, healthy and pure alternative** to the expensive Tetra Pak'd 'mliks' on the market. **Fuss and Mess-Free**

You can even whip it up in the time it takes your coffee to brew, we like that!

Ingredients:

- 700mls of filtered water
- 2 heaped tablespoons of smooth almond butter - add more if you like a thicker consistency
(Try Cashew, Hazelnut or Macadamia nut butter YUM)
- Pinch of salt
- 1 tablespoon of maple syrup or 1 soft medjool date (sweetening optional)
- Dash of vanilla essence or vanilla bean paste (optional)

Method:

- Place water into the soup or smoothie blender first
- Add rest of ingredients and blitz until smooth and blended ! (approx 1min)
- Check for taste and adjust sweetness to your tastes

* If you prefer a thicker consistency (so it has legs for coffee for example), add a little more nut butter

Note: I find this consistency perfect for French press or brewed coffee

* If you prefer it a little lighter add a dash more water - adjust to suit your preference and purpose :)

- Sterilise a glass bottle or mason jar with boiling water, empty & let cool before transferring your milk
- Store in the fridge for up to 4 days
- Shake before using

Enjoy it added to your fav coffee or coffee alternative, as a smoothie base, on cereal or straight up in a cup as soothing bedtime beverage, warm or cold :)