

CASHEW MILK

Ingredients

- 1 cup raw cashews, soaked
- 4 cups filtered water

Instructions

1. Place all ingredients into a blender and give it a whirl until fully blended. Using a nut milk bag or fine mesh strainer, pour the milk through, assisting with spoon or hands as needed.
2. If you are including any **optional add-ins**: pour milk back into blender and pulse to combine.
3. Refrigerate milk in a mason jar for 3-5 days.
4. Reserve pulp for other amazing recipes.

HEMP MILK

Ingredients

- 1 cup hemp hearts (no soaking required)
- 4 cups filtered water

Instructions

1. Place all ingredients into a blender and give it a whirl until fully blended.
2. Strain milk if you are looking for a smoother texture.
3. If you are including any **optional add-ins**: pour milk back into blender and pulse to combine.
4. Refrigerate milk in a mason jar for 3-5 days.

Optional add-ins: cocoa, cinnamon, vanilla, sweetener, pinch of healthy salt, fresh fruit
Optional thickeners: chia, gelatin, agar agar

General Tips

- Wash hands thoroughly to avoid contaminating the milk
- Most nut and seed milks will be 1 part nuts or seed to 4 parts liquid
- Soak nuts/seeds for at least 4 hours
- There is more than just almond milk – try walnut, sunflower or pecan!
- Clean nut milk bags by inverting and rinsing with hot water and air dry

Leftover Pulp

- Dehydrate in oven or dehydrator and use as grain-free breadcrumbs or as crumble for desserts
- Great in homemade crackers, granola, crusts, cookies and macaroons
- Dehydrated pulp can be stored in the freezer for several months