

## Isy's Nutty Milk Adventures



I find homemade nut milk tastes MUCH fresher and cleaner than store-bought. Also, the nutrients in it are ALL usable, unlike store-bought. It's much richer in minerals, which helps with growth, brain function, and healing. (I'm a nutrition nerd.)



The process is very easy, takes about 1 to 10 minutes at each stage, and can easily be fitted into even a busy day. Moreover, if you need to stop midway, you can put your nut-milk makings in the fridge, and they'll be on "pause" for up to 2 days and still be just as good.

It lasts 3 days when opened; I stick a second quart in the back of the fridge with a tight lid and it's good for ~5 days.

**THE PROCESS is super easy...**

### Glorious Nut Milk Basic Recipe



- 1) PRE-SOAK ALMONDS 4 hours.
- 2) SOAK NUTS 8 hours. (1 cup nuts to 4 cups water.)
- 3) GRIND TO SLUSH.
- 4) DILUTE TO TASTE.
- 5) STRAIN INTO BOTTLES.

For details, explanations, and tips, read on...

## PROCESS In detail, with tips:

### 1} PRE-SOAK almonds for 4 hours.



- ☛ This removes the water-soluble toxic stuff in the brown peel. It tastes better too.
- ☛ Be sure to drain and rinse before going ahead.
- ☛ One cup of almonds could expand to 2.5 cups, so use a large enough jar.

### 2} SOAK all nuts for 4-8 hours on top of that.



- ☛ This triggers a reaction in the nut that makes the nut easier to digest as well as easier to process. It's sort of "pre-sprouting" the nuts.
- ☛ They'll expand more than you might think. Leave plenty of room.
- ☛ I find the 8-hour soak gives smoother milk which blends easier.
- ☛ Dump out the soaking water and use fresh water to make the milk.
- ☛ I put a total of ~3/4-1 cup (not yet soaked) nuts into a quart Ball jar. It winds up being 2-2.5 cups or a bit more after soaking, which I turn into ~2 quarts of milk, depending on how rich I want it. (For "cream" in my tea, I dilute less in the next step to make it double strength, and that does a great job.)

### 3} GRIND to slush.



- ☛ Put in blender and add enough water to cover the nuts, then add enough more to double the height in the blender. Less water is better than more at this point.
- ☛ Zizz it until all the chopped-up pieces are about the same size.



### 4} DILUTE to taste.

- ☛ Add water to your taste. I fill my blender to the fill line, as the nut meal takes up a fair amount of room.
- ☛ If you like milk with a creamier texture, then add some thickener at this point. See "VARIATIONS" for how to do that easily.
- ☛ Run the blender again to really shove the water through the slushy nut stuff.



## 5} STRAIN the milk.

- ☛ Big gallon-sized paint strainers are perfect for this.
- ☛ The elastic built into the open end keeps the strainer open on the mouth of any container up to maybe 15" wide.
- ☛ Pour in the milk, then lift the bag slowly. Wring it gently but firmly to get the creamiest part out of the nut-meal and into your container.
- ☛ For big batches, I make the milk double- or triple-strength in the blender, drain it into a mixing bowl or pot, and add water then.
- ☛ On finding and caring for paint strainers...
  - a) I get mine at the hardware store. I prewash with mild dish soap in hot water. The mesh itself is great, no taste and very strong, but the dust and the stuff they treat it with for shipping is yucky.
  - b) After each use, I shake them out inside-out, then wash in a pan with warm water and a tiny bit of dish soap to remove the oils. I swoosh it around a lot and rub the mesh against itself, rinse the same way in fresh water, and lay it over the dish rack or something to dry.
  - c) When it's dry, I roll it up or tie it in a knot to keep it from getting involved with other things in the cupboard.  
They last so well, they get lost before they wear out.
- ☛ I put the drained nut-meal in our woods for the critters. It also composts well.
- ☛ Sometimes, I don't wring it too dry, then have the nut-meal for breakfast like hot cereal, with a little cinnamon-sugar, maple syrup, or honey.

## VARIATIONS are easy too...

I don't stop with almonds alone for milk. There are other nuts that make fantastic milk. Because almonds are naturally a good source of digestible calcium, I keep them as part of the blend, but blends can be outstanding. Read on for more.



## 1} Sourcing fresh nuts reasonably

- ☛ Trader Joe's has very good prices on good, fresh nuts of many kinds.
- ☛ Costco is a great place to get almonds in bulk relatively cheap. I also get an unsalted mix and pull out my favorites, if I don't have a Trader Joe's nearby.
- ☛ Online is another good place. Try Nuts.com or, if you feel like taking more chances on quality and rancid oils, Amazon.com.

## 2} Thickeners for creamier texture



- ☛ You can add store-bought rice-based thickener right to the blender.
- ☛ Add ground flax-seed to the blender (start with 3/4 tsp per quart), but remember it will thicken more each day.
- ☛ Simmer some water with a little plain gelatin ahead of time, and dilute with that. It's okay to put warm gelatin-water in the milk and let it chill after straining and bottling. It will thicken as it cools.
- ☛ If you like oats, prepare oat thickener ahead of time. Throw a handful of rolled oats or minute oats in the blender with fresh water. Zizz it well, strain out the solids, then simmer the oat-water over medium-low heat for 10-15 minutes. Use that to dilute the nut milk at Step 4. This makes the milk super creamy!



## 3} Notes on nutrition and appearance

- ☛ By and large, use whole raw nuts. Cooked/toasted nuts don't soak well, but they can add flavor. Nut pieces seem to be ok with cashews, but iffy with other nuts.
- ☛ Almonds are a good source of calcium and protein, and make great milk.
- ☛ Brazil nuts are high in magnesium, which is essential for muscle activity and nerve transmission. Also, and this is the cool part, they turn the milk really white – absolutely beautiful and very appetizing! One Brazil nut per quart of milk makes the color lovely. I use one or two in every batch, especially because most nuts can make the milk look a little grubby.
- ☛ Pecans are rich in minerals that other nuts don't have, so I use them occasionally. Also, that buttery taste is wonderful in milk.
- ☛ Hazelnuts are delicious in nut-milk! I've done half hazelnuts and half almonds and it was almost like a dessert.
- ☛ Cashews are a good, relatively inexpensive way to stretch a batch of nut milk. They're nutritious, mild, sweet, and a bit creamy in taste. My old favorite blend was half cashew and half almond, with a bit of Brazil and pecans.
- ☛ Ground-nuts, like peanuts or tiger nuts (also called chufas or yellow sedge roots), can make a great addition to milks. In Spain, chufas are used instead of rice to make horchata. Delicious and nutritious, with a special flavor.
- ☛ You can add seeds, too. Oily seeds, like flax or hemp, have to be super fresh or the oil gets a bit rancid and it makes the milk bitter. I've run boiling water over the seeds in a sieve, and that helps reduce the bitterness, but it isn't as good as fresh seeds.
- ☛ 1 to 3 teaspoons of sesame seeds, with Brazil nut in the mix, make a beautiful **purple** milk!

