



Vegan Milk  
**Making Your Own Nut Milks**



# Rice Milk

- 1 cup long grain brown rice (organic)
- Place rice in a skillet and toast over medium heat for 4 minutes, stirring often.
- Pour rice through funnel into a sterilised jar,
- Add 4 cups of water into the jar and leave it to soak for 10 hours
- Add jar contents into blender (rice and water)
- Add 1-2 TBSP of vanilla; a pinch of salt
- Blend for 2 minutes then let it sit 2-3 minutes
- Use a nut milk bag to filter rice milk into new bottle
- Enjoy!



# Almond Milk with a Twist

- 1 cup organic raw almonds
- Soak overnight in a jar
- Next day, discard water and add almonds into the blender with 3 ½ cups of filtered water
- Add ½ tsp vanilla
- Add 4 medjool dates (pitted)
- Blend
- Filter through a nut bag
- Add a pinch of salt and ½ tsp of cinnamon to milk and whisk
- Empty into a sterilised container
- Enjoy!



# Coconut Milk

- 2 brown coconuts
- 3-4 cups filtered water
- Pierce the coconut eyes with a sharp knife and drain the coconut water into a blender
- Remove all coconut “meat” and add to the blender
- Add 3-4 cups hot water to blender and blend until a smooth mixture is obtained
- Pour mixture through nut milk bag into a sterilised bottle
- Enjoy !

