



4 cups

Preparation Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS:

1 cup nuts, soaked overnight and rinsed

3 to 4 cups filtered water
(depending on how creamy a blend you'd like)

Pinch of salt

Sweetener to taste

Basic Nut Milk

Here's a useful recipe that will work with many different nuts. It's a basic formula to get you started.

From [Crazy Sexy Juice](#)

Nut milk bags are a great and inexpensive investment (they retail for about \$8 to \$10 on Amazon or at your local health food store).

By Kris Carr

- 1 Blend the mixture thoroughly, until it looks totally uniform and frothy (a few minutes).
- 2 To strain, you can use a double layer of cheesecloth or a nut milk bag. Hold your nut milk bag or your cheesecloth over a large bowl, and pour the unstrained nut milk through. Use the bag or cloth to squeeze the contents thoroughly, making sure to extract every drop!
- 3 Store your nut milk in an airtight container in the fridge for up to 3 or 4 days.

Note: I like to use Medjool dates, which contain minerals and antioxidants along with natural sugar, but maple syrup, coconut syrup, and yacon syrup also work well as sweeteners.