

## Cashew Milk (1)

- 1/2 cup raw cashews
- 2 cups water + water to soak cashews
- Sweetener (raw maple syrup, agave nectar or honey), optional
- dash sea salt, to taste

### Directions

1. Cover raw cashews with water and soak for at least one or several hours (more the better. Drain and rinse well.
2. Place soaked cashews and 2 cups water into a blender or food processor and process until smooth. Add a dash of raw sweetener, such as agave nectar, according to taste.
3. You can use more or less water to vary the thickness of your raw cashew milk, depending on your personal preference, but in general, you want a 1:3 to 1:4 ratio of cashews to water.
4. Strain milk, depending on personal preference.

### Reviewer

“A simple and concise recipe that was easy to follow as the milk was delicious. I regularly made Almond milk but it was a pain straining it. Cashew milk, well blended, needs no straining and tastes great as is, or in a nice banana & blueberry smoothie.”

## Cashew Milk (2)

- 1 cup raw cashews, soaked overnight (4 hours minimum)
- 3 to 4 cups water
- 1 tablespoon agave nectar or honey (optional)
- pinch celtic sea salt (optional)

### Directions

1. Discard soaking water and rinse cashews thoroughly until water runs clear
2. Place cashews, (3 to 4 cups fresh) water, agave and salt in a blender
3. Process on high speed 20 to 30 seconds
4. Store in glass mason jar in refrigerator

### Cashew Milk (3)

- 1 cup raw cashews
- 3 to 4 cups water, plus water for soaking
- 1 to 2 tablespoons maple syrup or honey or agave nectar
- 2 teaspoons vanilla extract
- dash sea salt
- pinch cinnamon (optional)

#### Directions

1. Soak the cashews in water at least 4 hours, or overnight in the refrigerator. Drain the cashews and rinse until the water runs clear.
2. Place the cashews and two cups water in a blender. Start on a low setting and increase the speed until the cashews are totally pulverized. This could take 2 minutes in a high-powered blender or longer in a regular blender.
3. Blend in 1 to 2 cups additional water\*, your sweetener of choice, vanilla extract, sea salt and cinnamon (optional). If your blender can't totally break down the cashews, strain the milk through a fine mesh strainer or cheese cloth. Store the milk in a covered container in the refrigerator. It should keep for 3 to 4 days.

#### Notes

Yields about 5 cups cashew milk.

\*The ratio of water to cashews (4 to 1) in this recipe yields milk that is somewhere between 2% and whole milk in terms of creaminess. Use less water for even creamier results.

### **Chocolate Cashew Milk (4)**

- 1 cup raw cashews (soaked at least 4 hours or overnight)
- 1/2 3.5 oz dark chocolate bar (I used Endangered Species 72% cacao)
- 1 T cocoa or cacao powder
- 2 T maple syrup or 2 medjool dates chopped
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 3 1/2 cups water

#### **Directions**

Drain and rinse cashews and throw them in blender with the water. Blend for about 1-2 minutes. Add in the remaining ingredients and continue to blend for another 1-2 minutes. I store mine in a 32 oz mason jar. Will last 3-5 days in the fridge. You will need to mix well before serving because it will try to separate in the fridge. Enjoy!

## **Creamy Cashew Milk (5)**

- 1 cup raw cashews soaked for about 4 hours
- 2 to 4 cups of filtered water, depending on how rich and thick you want the milk
- Place your cashews, and 3 cups of water in your blender and blend on high for about a minute until smooth and creamy.

To sweeten and flavour – here are some suggestions:

- 3-4 Tbsp maple syrup, yacon syrup, raw agave, raw honey, coconut sugar, 3-4 pitted dates OR a few drops of Stevia
- 1-2 tsp of natural vanilla extract
- a pinch of Celtic sea salt
- You could add in a 1 Tbsp of coconut butter and 1 Tbsp of NON GM soy or sunflower lecithin if you want a richer, creamier milk. But I never feel like it needs it
- You can also flavour the milk with raw cacao, frozen berries, coconut, cinnamon etc and sweeten to taste

## Selecting and Storing Raw Cashews

“Raw” cashews are widely available in pre-packaged bags as well as bulk bins. Always purchase from a supplier where there is a high turnover to ensure freshness and quality. Look for plump cashews that are uniform in colour. Avoid the limp and shrivelled ones. Cashews should smell nutty and sweet. If they have a sharp or bitter smell they have gone rancid. To preserve the precious oils, store cashews in a sealed glass jar in the fridge for up to six months. Always soak cashews before using to remove the enzyme inhibitors and make them more digestible.

## **Cashew Milk (6)**

- 1 cup cashews
- 3 cups water
- 2 tablespoons agave nectar (or honey) (honey)
- 1 tablespoon pure vanilla extract
- 1 teaspoon cinnamon
- 1 pinch sea salt
- 1 tiny splash of almond extract (optional)

### **Directions**

1. Blend the cashews and water in a high-speed blender. I use my VitaMix blender, which is the best blender in the world! Blend very well so that the liquid resembles a thin milk.
2. Add the remaining raw cashew milk recipe ingredients and blend again.
3. Drink this delicious raw cashew milk recipe and experience heavenly bliss! As mentioned above, your raw cashew milk can be drunk straight, or served as a milk substitute in cereals and other recipes.

If you have any leftover raw cashew milk from this recipe, try making raw chia seed pudding with your raw cashew milk recipe.

### **Jack's Cashew Cream**

- 1 cup raw cashews, soaked and drained
- 1 to 2 cups water (depending on desired consistency)

#### **Directions**

Soak the cashews in water at least 2 to 4 hours. Drain the cashews and rinse until the water runs clear. Add the cashews and two cups water to a blender. Start on a low setting and increase the speed until the cashews are totally pulverized. This could take 2 minutes in a high-powered blender or longer in a regular blender. Optionally, strain through nut bag.

## **Cashew Milk (7)**

Submitted by: Vitamix

- 3 cups (720 ml) water
- 1 cup (140 g) raw cashews
- Sugar or sweetener, to taste (optional)

### Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 45 seconds or until desired consistency is reached.
5. Store in refrigerator. Shake well before using.

## Almond Milk (1)

- 1 cup raw almonds
- water for soaking nuts
- 3 cups water
- 2 dates or natural sweetener (optional)
- 1/2 tsp vanilla (optional)

### Directions

- Soak the almonds in water overnight or for at least 6 hours.
- Drain the water from the almonds and discard. Blend the 3 cups of water, almonds and dates until well blended and almost smooth.
- Strain the blended almond mixture using cheesecloth or nut milk bag.
- Homemade raw almond milk will keep well in the refrigerator for three or four days.

### Reviewers

“This is great. Dates are delicious in it, but will color it somewhat. You can also use honey, agave syrup, sugar... or leave it plain. A paint filter makes a good filter... fairly inexpensive at any paint store. This milk makes the best lattes and hot cocoa.”

“Tasty! I skipped the dates and vanilla -- I think that might be why my husband thinks it tastes watery, but I like it. It's a very natural taste. Still, maybe I'll try 2.5 cups next time instead of 3. It yielded about 14 oz of milk (full amount not pictured), and close to 12 oz of pulp that I saved to top oatmeal or yogurt!”

## **Almond Milk (2)**

Submitted by: Vitamix

- 3 cups (720 ml) water
- 1 cup (140 g) raw almonds (soaked overnight)
- Sugar or sweetener, to taste (optional)

### Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 45 seconds or until desired consistency is reached.
5. Store in refrigerator. Shake well before using.

If you desire to strain away sediment, place a fine mesh sieve or filtration bag over a large bowl. Pour almond milk slowly into sieve and allow to filter through, or stir the milk in the sieve with a spatula to encourage it to pass through more rapidly. Note: Almond Milk is high in fiber only if it's not strained.

### **Almond Milk (3)**

- 1 cup raw almonds
- 3 to 4 cups water (plus some for soaking the almonds)
- 2 to 4 dates (depending on how sweet you want it)
- 1 tsp vanilla extract

#### Instructions

1. Cover almonds with some water and allow to soak for 8 hours
2. Optional: Once almonds have soaked and been drained of water, de-shell the almonds by gently applying pressure to “pop” the skins off. Discard the skins.
3. In your blender add 3 to 4 cups water, dates, almonds, and vanilla.
4. Blend on high until ingredients are mixed and no large pieces of almonds are left
5. Adjust to taste
6. Optional: Line container with nut milk bag. Pour almond milk into bag and strain of all the almond milk.

### **Almond Milk (4)**

Almond milk is great for cereals, desserts, and savory-sweet dishes. Almonds are an alkaline nut, and one serving provides  $\frac{1}{3}$  of your daily dose of vitamin E.

- 4 cups water
- 1 cup almonds, soaked overnight and rinsed
- 2 tbsp agave nectar
- 1 tsp vanilla extract, or vanilla seeds scraped from bean
- $\frac{1}{8}$  tsp kosher salt

#### Directions

Add water and soaked almonds to jar in order listed and secure lid. Select "Whole Juice." Strain milk through nut milk bag or cheesecloth to remove almond skins and pulp. Rinse blender jar, place strained almond milk back in jar with remaining ingredients and secure lid. Press "Pulse" 3–5 times to combine thoroughly. Serve or store in refrigerator for up to 3 days.

Servings 4.0, Serving Size 8 fl oz

Sodium 150 mg Carbohydrates 8 g Calories 60 Fiber 1 g Fat 2.5 g Sugar 7 g Saturated Fat 0 g Protein 1 g  
Cholesterol 0 mg

## Almond Milk (5)

- 1 cup organic raw almonds soaked for 12 hours
- 2 to 4 cups of purified water

### Directions

1. Place the raw almonds in a glass bowl or large jar, and cover with filtered water and 1 tsp Celtic sea salt for about 12 hours. (Refer to the resources section on soaking, dehydrating, and sprouting, to learn more about the digestive benefits of soaking nuts).
2. Rinse the nuts several times to remove any of the anti-nutrients and enzyme inhibitors. If soaking for the full 12 hours, make sure you rinse and soak a few times. Any nuts that float to the top have probably gone rancid, so discard them to be safe. It is not uncommon to have a few floaters. The almonds will have swelled with water and look a lot more plump.
3. Put almonds and water in your Vitamix and start blending at low speed. Quickly accelerate to high speed until all of the nuts are completely pulverized. You can drink this without straining if you like rustic whole milk. This is the way I drink and use it. It has more calcium if not strained. But blend thoroughly and then strain if desired.
4. Don't waste the almond meal. Save it and dehydrate it, and then use the almond meal/flour for other recipes such as smoothies, crusts, cookies, nut butter, breadcrumbs, etc.

Here are some suggestions:

- 1 tsp alcohol free pure vanilla extract
- 3-6 pitted dates, 2 - 3 Tbsp maple syrup, yacon syrup, raw agave, coconut sugar or a few drops of Stevia
- 3 Tbsp organic maple syrup
- For a richer, creamier milk add: 1 Tbsp unrefined coconut butter or raw almond butter or 1 Tbsp non GM soy or sunflower lecithin
- For Chocolate Almond Milk add a couple of tablespoons of raw cocoa powder, 1 tsp vanilla extract, and sweeten to taste.
- For Cinnamon Milk add in 1 tsp of ground cinnamon, 1 tsp vanilla, and sweeten to taste.
- For Strawberry Milk add in the desired amount of strawberries with the vanilla, and sweeten to taste.

## **Oat Milk (1)**

Makes 1 quart

- 1/2 to 1 cup rolled oats
- 1 quart (4 cups) filtered water, room temperature
- 2 dates (optional)

### Directions

1. Soak oats in the water for about 20 minutes but not more or it will start becoming slimey.
2. Pour in a blender. Add dates if using.
3. Blend for one minute (until oats are very fine and well mixed).
4. Strain through cheesecloth or fine mesh fabric.
5. Squeeze out liquid from the oat residue.
6. Pour in a glass or plastic sealable container and place in refrigerator. Will store for two days.
7. Shake well each time before using.

## Oat Milk (2)

- 1 cup old-fashioned or rolled oats (gluten-free & wheat-free brand)
- 3 cups water + water for soaking
- honey, maple syrup, date syrup or brown sugar or any other sweetener (optional)
- cinnamon (optional)
- vanilla or almond extract (optional)
- 2 medjool dates

### Directions

1. Place the oats in a large bowl and pour enough water to cover. Allow to sit for 10 minutes.
2. Drain and place in blender. Pour in 3 cups of water and sweetener or additional flavorings if desired.
3. Process until the oats have completely broken down into a creamy liquid. You may add more water if thinner milk is desired, or less for a slightly thicker consistency.
4. Optional: Strain the milk through a cheese cloth.
5. Place in suitable sealable container. Shake before use.

## **Breakfast Smoothie**

- 1 cup oat milk
- 1 frozen bananas
- 10 frozen strawberries

### **Directions**

Place ingredients in blender and blend until smooth.

## Rice Milk (1)

- 1 cup long grain rice
- 4 cups water
- 2 Tablespoons honey (optional)
- 1 tsp vanilla (optional)
- 1/2 tsp cinnamon (optional)

### Directions

1. Soak rice in water (in blender) one hour or more.
2. Add optional flavorings and blend until smooth.
3. Pour into container through nut milk bag or cheesecloth.

### Notes:

**Recommended Variation:** Toast the rice in pan over medium heat for 4 minutes. Place in roasted rice in jar, add 4 cups of water, and soak for 10 hours. Place in blender with vanilla, pinch of salt, blend for two to three minutes. Let sit for three minutes. Filter through nut milk bag.

## Rice Milk (2)

- 1 cup uncooked organic long grain brown rice
- 8 cups water for cooking
- More water for diluting
- 1 teaspoon salt
- Glass mason jars for storage
- A Blender
- Mesh strainer

### Directions

1. Thoroughly wash the rice.
2. Put 8 cups of water in a big pot and bring it to a boil over high heat.
3. Pour in the rice.
4. Cover the pot and lower the heat to let the water simmer.
5. Cook for 3 hours.
6. You will end up with something that looks a bit like a soupy rice pudding. Add the salt.
7. In batches, fill your blender halfway with the rice mixture and halfway with water. Blend until very smooth. Strain twice through a fine mesh strainer into a mason jar. Continue on with the rest of the milk until you're finished, filling jars and screwing the lids on good and tight.
8. Even with the extra water, the homemade rice milk ends up thicker than the product you might be used to if you've always purchased Rice Dream Rice Milk. It's more like rice cream! You may want to dilute it further at the time of serving it. Just add a bit more water until it's the desired consistency.

This recipe makes about 5 one pint glass mason jars of rice milk. When the milk has been poured into the mason jars, store it in the refrigerator.

### Optional Additions

A look at the label of Rice Dream Rice Milk reveals that it contains oil. Oil does make things creamier, so you can add about 2 Tablespoons of sunflower oil to a batch of milk.

A common addition is 4 Tablespoons of Maple Syrup to each batch of milk.

Making a blended rice and nut milk is a cinch. At the blending stage, add some blanched raw almonds or hazelnuts, or some cashews for an even richer, creamier, more nutritious milk.

<http://www.veganreader.com/2009/05/17/how-to-make-rice-milk-and-stop-supporting-rice-dream/>

## **Benefits of Cashew Nut Milk**

Cashew milk is a beverage derived from the cashews, water, and, if desired, an added sweetener such as maple syrup. For individuals who are unable to drink milk, and want an alternative to soy, cashew milk is an excellent option. Cashew milk is made from cashew nuts, which are high in B vitamins, magnesium and copper, and provides a wide array of health benefits.

### **Loaded with B Vitamins**

B vitamins are the group of vitamins that are involved in making red blood cells and are essential in the body's metabolic activity. Cashews are a good source of B vitamins including thiamin, riboflavin, niacin, and B6.

### **Good Source of Copper and Magnesium**

Copper is an important component to many enzymes in our bodies. Copper is involved in many important functions such as developing bone and connective tissue, producing melanin, and the utilization of iron in our body. According to the George Mateijan Foundation, a quarter cup of cashews supplies almost 38 percent of the daily recommendations of copper. Cashews are also a great source of magnesium. Like calcium, magnesium is also extremely important in keeping our bones strong and healthy. According to the George Mateijan Foundation, a quarter cup of cashews supplies 22.3 percent of the daily value of magnesium.

A spate of health benefits exist for eating cashew milk and some of them are as follows. Cashew milk provides you with B vitamins, riboflavin/Vitamin B2, B6, copper, calcium, magnesium and monounsaturated fatty acids. Calcium and magnesium carry myriad of health advantages from strengthening your bones to reducing the muscular spasm. Copper, which is abundantly seen in cashew milk is good for nerve conduction and over all development of young kids.

### **Benefits of Almond Milk**

Almond milk has many benefits. One serving provides 1/3 of the daily recommended dose of vitamin E. This nut milk also contains vitamin A, which improves eye functioning and helps your skin look great, as well as vitamin D, which helps build cells. And don't forget about magnesium and potassium, other important nutrients almond milk has to offer.

### **Benefits of Oat Milk**

Oat milk contains 10 minerals and 15 vitamins. Just a cup of oat milk contains 36 percent of the recommended daily allowance, or RDA, of calcium. Oat milk also contains 10 percent of the RDA for vitamin A, which is twice as much as cow's milk. If you suffer from anemia and are looking for vegan options for iron intake, one serving of oat milk contains 10 percent of the RDA.

A surprising fact about oat milk is that it contains more calcium in one serving than regular cow's milk. Oat milk contains 36 percent of the RDA for calcium, while one serving of whole milk contains 28 percent. This fact allows you to get a good dose of calcium each day even if you are lactose intolerant, since oat milk is lactose-free. Many people who are lactose intolerant choose other sources for lactose-free milk, such as rice milk or soy milk. Oat milk might be a better choice for you, because it's typically cheaper to buy, or you can even make it yourself.

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## Video Links

<http://www.youtube.com/watch?v=xM5J1OQmKMA&list=PL7AC1F9B3CF0797C3&index=39>

[http://www.youtube.com/watch?v=O9Dql\\_A-oMk](http://www.youtube.com/watch?v=O9Dql_A-oMk)