

# Making Nut Milk

Making nut milk is SO EASY!!!! After realizing some mass-produced nut milk includes additives, I decided to make my own. It literally takes a few minutes to make fresh nut milk and **you** get to control the quality of the ingredients.

Certain nuts require soaking overnight to break down their digestive enzymes (almonds). Some suggest soaking all nuts in water to help aid in digestion. Since I never seem to plan ahead with soaking the almonds, I've grown fond of using hazelnuts, cashews and pistachios, which I do not soak. However, if you tend to have problems with digestion, then you may want to research the benefits of soaking nuts before making milk ([link](#)) .

I use three simple ingredients-water, nuts, and dates (or sweetener of your choice) . You can also add spices if you'd like-cinnamon, cardamon or even vanilla extract. Be creative!

Place 4 cups of water (filtered) in a blender (I love my [Vitamix](#)), add 1 cup of nuts of your choice (for this recipe: I used 1/2 cup of raw pistachios and 1/2 cup of raw unsalted cashews), add one date (or more if you want the milk sweeter-make sure you remove the pit- I use Trader Joe's Fancy Medjool Dates). Gradually increase the blender speed until the nuts and dates are ground finely-60 seconds or so.



Pour the milk into a nut bag -LOVE this nut bag: [Pure Joy Planet Nut Milk Bag](#) and squeeze away! I tried using

cheesecloth but this [nut bag](#) is a worthy \$6.95 investment.



I love the pale green color of this milk. It's perfect for lattes, iced coffee and it's dairy-free! Each morning I make a latte – my [Nespresso](#) machine makes the best espresso and their [milk frother](#) creates hot or cold foamed milk. I pour it all in

my “happy” cup (from Anthropologie) and the day begins. The topping of ground sugar, chocolate and coffee was originally purchased at Trader Joe’s. However, they don’t stock this anymore, so my sweet husband fills the grinder with [German rock sugar](#), dark chocolate and coffee beans.





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### Nut Milk Recipe:

4 cups of water (filtered)

1 cup nuts (pistachios, cashews, almonds\*)

Date (to sweeten)

Pinch of salt (if desired)

Put all ingredients in a blender. Blend until smooth. Strain the milk through a nut bag or fine-meshed sieve. Squeeze to remove all of the liquid. Store and refrigerate and enjoy!

\*Some nuts need to be soaked to break down the enzyme inhibitors. Soak in water 10 hours or overnight. Rinse well before using.