



## BEVERAGES

### Nut Milk

Nut milks are an excellent alternative to dairy that are incredibly easy to make. Most nuts make delicious milk, but some (almonds and cashews) are especially delicious and versatile, working well in both sweet and savory recipes.

YIELD: 2–3 cups

#### INGREDIENTS

1 cup of nuts (almonds, cashews, hazelnuts — soaked overnight in filtered water)

4–6 cups filtered water

#### OPTIONAL FLAVORS

2–4 medium dates (Medjool or Deglet)

1 tablespoon vanilla extract

1 teaspoon cinnamon

#### DIRECTIONS

1. Drain soaked nuts and rinse with filtered water.
2. Add nuts, water, and optional flavorings to blender and puree until smooth.
3. Using a nut milk bag or fine mesh strainer layered with cheese cloth, pour nut milk puree through bag or sieve, and gently squeeze or press to strain “milk” into a bowl or pitcher. Squeeze or press firmly to extract all the liquid.
4. Store in a glass jar in the refrigerator for up to 4 days.
5. Remaining nut meal can be spread on a parchment-lined baking sheet, baked for about 2 hours at 170°F.

**NOTE:** For a richer milk, do not strain and enjoy as is, or add fruit and protein powder for a delicious and nutritious smoothie.



## NUTRITION GEM

### Milk of the Nut

Nut milk is a nutrient dense, non-dairy beverage. Making your own nut milk with any nut or seed, or combination thereof, is a great way to avoid the binders, preservatives and sugars that are added to commercial nut milk. Seeds and nuts are at the center of the **Eating for Health™** mandala. They are the most nutrient-dense plant foods, providing an array of protein, good fats, vitamins, minerals, and fiber. With the growing prevalence of dairy allergies, nut milk has become a staple for many people.

**Hazelnuts** — Hazelnuts are rich in digestible protein and monounsaturated fats, vitamins and minerals, including vitamin E, magnesium, and manganese, which contribute to longevity, support heart health, help manage weight, and lower cholesterol levels.