



Delicious DIY Nut Milks

In this workshop, you're going to learn about my favorite sweet and creamy "functional" nut milks. Nut milks, like almond, cashew, Brazil and macadamia, are nutrient rich, low in sugar, low in fat, and are great alternatives to dairy milk. They taste great by the glass and are perfect for use while baking and cooking. Luckily, for those of us who enjoy their delicious taste, nut milks are surprisingly easy to "DIY".

If you are familiar with nut milks, I bet you know of and have tasted almond cashew milk. Almond cashew milk is a popular nut milk blend, and, per cup, contains about 60 calories, zero cholesterol, zero saturated fat, low amounts of sodium, and plenty of healthy omega fatty acids.

Almond cashew milk provides 30 percent of the recommended daily amount of calcium, 25 percent of the recommended daily amount of vitamin D, and 50 percent of the recommended daily amount of vitamin E. Almond cashew milk also provides protein, fiber, iron and riboflavin. And, because almond cashew milk and all other unsweetened nut milks are low in sugar, they aid and support healthy blood sugar levels.

When I make my own almond cashew milk I always add a few functional [herbs](#), [spices](#), and plenty of coconut manna for extra creaminess. Coconut manna is about the best product on the market to make anything creamier and more delicious and I encourage you to try it.

I've found that quality ingredients and plenty of time are both key to great nut milks. You definitely have to take your time and plan a bit ahead to DIY nut milk. You've got to soak your nuts for certain amounts of time and you've got to have a few tools that make everything come together. But, don't worry, once you get going, you'll see how darn easy it really is.

To get our hands wet, let's start with my almond cashew milk recipe.

Almond Cashew Milk

Ingredients

- 1 ½ cups raw almonds (soaked for 8 hours)
- 1 cup raw cashews (soaked for 8 hours)
- 4-6 dates (soaked with the nuts for 8 hours)
- 5 cups of water
- 1 tablespoon vanilla powder
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 teaspoons stevia
- 1 pinch sea salt

Instructions

Rinse and soak the almonds, cashews, and dates about 8 hours, or overnight.

Drain the mixture and rinse again.

Put the mix in a blender with 5 cups of water (divide into 2 batches so there is no overflow!).

Blend until the mixture appears white and a little frothy. Strain the pulp and set the pulp aside for future use (baking!).

Transfer the liquid to a large container and add the vanilla, cinnamon, nutmeg, stevia, and sea salt. Store in 16oz jars.

Make sure to taste your milk and if you think it could use some added sweetness, increase the stevia or add a bit of maple syrup.

Next, let's try two of my favorite nut milk delights. An almond milk matcha latte and a relaxing lavender and chamomile infused almond milk. Yep, all the healthy

goodness of matcha green tea and all of the soothing qualities of lavender and chamomile mixed with creamy almond milk. Both drinks are served hot and, best yet, super easy to make. Let's walk through both together.

Almond Milk Matcha Latte

Ingredients

Matcha green tea powder

Water

Almond cashew milk (use my recipe above)

Directions

Boil up a kettle of water.

Place 1 teaspoon of matcha powder into a mug.

Fill the mug half full with your heated water and whisk the matcha until fully dissolved.

On your stovetop, heat some of your almond cashew milk.

Top off your mug with the warmed cashew almond milk and whisk vigorously until frothy.

Enjoy as is or take it to the next level with a tiny pinch of cayenne, a bit of stevia and a dollop of coconut manna.

Lavender and Chamomile Infused Almond Milk

Ingredients

Pinch or two of dried lavenderOrganic chamomile tea bags or loose chamomile tea and tea ball

Pinch of sea salt

1/2 teaspoon of vanilla powder

1 tablespoon of coconut manna

Water

Almond cashew milk (use my recipe above)

Instructions

On your stovetop, boil a pot of water with one tea bag of chamomile tea per cup water set to boil. If you are using loose tea, simply add 1 , vanilla powder, and coconut manna in a mug and fill half way with your heated chamomile water.

Whisk until all of the ingredients are melted and combined.

On your stovetop, warm up some almond cashew milk.

Top off your mug with the warmed milk and enjoy the delightful flavors.

I recommend you make this tea every night for each person in your family. This is a superb natural relaxant and creates a warm and cozy feel throughout the body and throughout the home. Try creating a modern day tea ceremony for you and your family like I do. Simply lower the lights, light a few candles, brew the tea, gather the family around a table or to a comfy couch, and share time and love. Then, of course, sleep like a baby!

Now we're going to talk macadamias. Macadamias are a delicate nut that only require a two-hour soak. Two hours is all it takes to activate their delicious oils and release their buttery flavors. If they're soaked any longer, the oils and nutrients will be soaked right on out. DIY macadamia milk is a great option for lazy afternoons when you have projects around the house, but don't want to wait too long on the nuts.

When it comes to macadamias always buy from sources where you know there is turnover. Macadamia nuts become rancid relatively quickly, so it's important to make sure you buy fresh macs. You'll see that macadamias produce a very velvety and rich milk that one bad nut could ruin.

Macadamia milk is by far my favorite nut milk, it tastes so good in smoothies, soups, curries, stews, baked goods, puddings, and other desserts. It's also the perfect creamy base for wintertime hot chocolates.

My macadamia nut milks have a tiny bit of texture, even after high-speed blending, and I really like that, but you may want to strain yours for a more refined and smooth milk. If you do strain yours, keep the pulp for baking projects.

Let's go ahead a give my favorite mac-nut milk a whirl!

Neapolitan Macadamia Nut Milk

Ingredients

1 cup raw macadamias soaked for 2 hours

3 cups water

Pinch sea salt

2 tablespoon vanilla powder

4 to 6 pitted dates

2 to 3 tablespoons maple syrup or stevia

1 tablespoon sunflower lecithin

2 tablespoons cocoa powder

2 cups fresh or frozen and thawed strawberries

Directions

Soak the macadamias and pitted dates in a glass or ceramic bowl at room temperature for 2 hours.

Drain and rinse the macadamias and dates.

Toss the rinsed macadamias, dates, water, and all other ingredients in your blender and mix on high speed for about 60 seconds, or until smooth and creamy.

You might have to divide your ingredients and blend a couple batches separately to avoid any blender disasters.

Enjoy the vanilla, chocolate, and strawberry infused mac-nut milk and store in sealed containers, in the fridge, for up to 3 days.

Aside from macadamia nuts, Brazil nuts have got to be my family's favorite. Brazil nut milk is an excellent source of selenium. Selenium naturally boosts both thyroid health and testosterone levels. I make sure Ben gets plenty of both raw Brazil nuts and my Brazil nut milk because he is constantly straining and taxing his body, which dampens optimal endocrine function. If your man is as active as mine, or if you have any thyroid troubles, this is the milk for you.

Health Boosting Brazil Nut Milk

Ingredients

1 cup Brazil nuts

1 teaspoon vanilla powder

4 cups of water

Directions

Soak the Brazil nuts in a glass or ceramic bowl at room temperature for 3 hours. If you wish, add a pinch of sea salt or a spoonful of white vinegar to help remove any molds or anti-nutrients on the nuts

Drain and rinse.

Toss the rinsed nuts, vanilla powder, and water in your blender and mix on high speed for about 60 seconds, or until smooth and creamy.

You might have to blend a couple batches separately to avoid any blender disasters.

Brazil nut milk is a real treat and stores perfectly in sealed containers, in the fridge, for up to 3 days.

All nut milks are versatile and can be made in both small and large batches. If you find you've made a bit too much, you can freeze it. If you plan on freezing, remember nut milks will separate and expand. It's essential that you vigorously shake your nut milks before pouring

into airtight and freezer safe containers. The shaking helps to combine the components of the nut milk. Also, and most importantly of all, when dividing your nut milks into containers, only fill the containers half way. Your nut milks will expand and, if you fill a container beyond half way, it will burst. Also, never re-freeze. The taste will be off.

Personally, I love to freeze my extra nut milks in ice cube trays. I find having small frozen creamy cubes available makes iced creamy beverages and smoothies so much more delicious. I also love to save all of the leftover nut milk pulp. The nutty pulp tastes delicious in baked goods, crusts, as a binder in veggie burgers and meat loafs, and, my favorite, combined with tons of coconut manna and shaped into balls for the most delicious nutty fudge like treats.

DIY nut milks are the perfect functional drink for a healthy new year. And, as I mentioned earlier, once you make one batch, the process becomes as simple as 1,2,3. Enjoy and bring on the nut milks!