



ALTERNATIVE MILK RECIPES

Nut and seed milks can be made quite simply in the blender. These milks can be used in any baking recipe that calls for milk. They can also be used in place of dairy milk when cooking a hot cereal such as oatmeal. Make only as much as you need for one day.

CASHEW NUT MILK:

1 cup raw cashews

2½ cups water

1 teaspoon honey (optional)

¼ teaspoon vanilla (optional)

Blend dry nuts to form a meal. Gradually add water to form a milky consistency. Use less water if a cream is desired. If sweeteners are being avoided try diluted juice instead of water in place of honey or vanilla.

COCONUT MILK:

1 cup hot water

1/3 of a coconut, shredded

Blend. Strain if desired. If no blender is available, pour boiling water over coconut. Let stand 30 minutes; squeeze out through cheesecloth. Cool before use.

ALMOND, HAZELNUT AND OTHER NUT MILKS:

1 cup nuts

2½ cups water (less for cream)

Grind nuts in a blender until powdered. Gradually add water. Use or pour into recipe immediately before nuts settle or strain and use the residue elsewhere.

SESAME SEED OR SUNFLOWER SEED MILK:

½ cup sesame seeds

2 cups water

1 Tablespoon honey or maple syrup (optional)

Grind nuts in a blender until powdered. Gradually add water. Use or pour into recipe immediately before nuts settle or strain and use the residue elsewhere. If sweeteners are being avoided try diluted juice instead of water in place of honey or maple syrup.

GOAT'S MILK:

If you are allowed goat's milk or are feeding it to a child, you must add 100 micrograms of FOLIC ACID to each quart of milk because goat's milk is deficient in this important nutrient.

AMAZAKE:

1 cup brown rice

1 cup sweet brown rice (koji)

4 cups water

1 cup warm water

Pinch of sea salt

Bring 1 cup brown rice to a boil in 4 cups of water. Turn heat down and simmer gently for an hour, or until the water has been absorbed. Let cool for 10-15 minutes. Mix the koji and rice in a glass or ceramic bowl with the pinch of sea salt, and add the 1 cup of warm water to keep the mixture from sticking to the pan. Cover the pot and keep warm (95F) for 6-8 hours, either by leaving on a low electric plate or covered

in a very low oven. After it has been warmed, the amazake should taste sweet. Bring to a boil (add a little more water if necessary but only to keep it from sticking). Boil for 5-10 minutes. Let cool. Refrigerate in glass bowl or jar. As a flavoring agent you may add almond extract or perhaps blend in some fruit.

VEGETARIAN MILK:

3 cups water

4 Tablespoons barley malt or 1 teaspoon malt syrup

3 Tablespoons short grain rice

8 cups water

Enough ice cubes to bring 8 cups to 11 cups water (Add the ice cubes into a 2 cup measure, fill with water, repeating until 11 cups are reached)

4½ ounces (about ¾ cup) raw cashew nuts

1½ ounces banana (about ¼ cup)

12 drops vanilla

2 teaspoons sea salt

2 level teaspoons stevia powder

6 Tablespoons olive or macadamia nut oil

3 Tablespoons liquid lecithin

Combine 3 cups water, barley malt and short grain rice in a saucepan. Bring to a simmer over medium heat for 15 minutes. Cool. (If using malt syrup, simmer rice in water for 15 minutes. Cool and then add malt syrup.) Measure rice liquid and add water to make 3 cups. Set aside. In a large bowl, measure out 8 cups water and add ice cubes to bring to a total of 11 cups. In a blender combine rice liquid, cashew nuts, banana, vanilla, sea salt, stevia, oil and lecithin. Blend on high 3 minutes or until mixture is completely smooth. Pour nut mixture into bowl with ice water and stir well. Ladle back into blender and blend, breaking up the ice cubes. Bottle and refrigerate. Repeat process until all has been bottled. Mixture will separate and cloud a little. Shake it up well the next day and it will stay emulsified for 2-3 days.

CASHEW CHEESE SAUCE:

¼ cup raw cashews

½ cup water

1 red bell pepper, steamed

½ tsp salt

2 Tablespoons nutritional yeast

1 cup tahini (sesame butter)

Juice of one lemon

Blend all ingredients except tahini together in blender then slowly add tahini. This will keep well in the refrigerator or may be frozen. Makes 2 ½ cups.

NUT MILK AND CREAM:

½ cup raw nuts (almonds, cashews, sesame seeds, or mixture)

4 cups water

2 Tablespoons sweetener

If using almonds, blanch in boiling water for 2 minutes. Drain in colander and run cold water over to cool. Remove skins. Blend nuts and 2 cups of water and sweetener in blender on high for 2-4 minutes. Strain well through a very fine strainer or cheesecloth to remove ground nut meal. Add remaining water. Chill and shake well before serving. Makes one quart.

To make a delicious extra rich milk cut the amount of water in half or more.