

## Coconut Milk

### Ingredients:

4 cups hot (not boiling) water  
1 cup unsweetened coconut flakes  
1 tbsp agave nectar or 2-3 dates

### Recipe:

Put the water and flakes in a high speed blender, and let sit for 30-60 seconds. The flakes will absorb a fair bit of water during this time. Blend on high until thick and smooth. In a Vitamix blender, this takes 1-2 minutes. Strain the resulting mix through a strainer like cheesecloth, a nut milk bag, or a wire strainer directly into your storage container. Spread the pulp caught in the strainer on wax paper or a baking sheet for use later.

If using agave as a sweetener, mix it into the storage container, or use the blender again if you wish. If using the dates as a sweetener, put everything back in the blender, add the dates, and blend on high until no chunks are visible. Strain the result again to catch date bits.

### Comments:

Agave gives more sweetness to this recipe. If you want to drink the milk, or use it in an obvious way like on cereal, this is the way to go. If coconut flavor is more important, like in a curry, feel free to leave out the sweetener altogether, or use the dates for a mellower sweetness.

This coconut milk is very thick and rich, but you can adjust the water content to your desired thickness. Cream will float to the top, and needs to be shaken/stirred before each use.

The leftover coconut pulp has a variety of uses. If you do not plan on drying it, you need to use it the same day you make the milk. Due to the oil content, soaked coconut will turn rancid quickly. If you want to dry it to make coconut flour, spread it on a baking sheet, and put it in the oven with the light on, or on the lowest possible temperature, for a day or two. Using a dehydrator is difficult, because the pulp has no structure to it, and is hard to spread out in a dehydrator. An Excalibur dehydrator with silpats would work well.

### Uses:

Coconut milk is great in smoothies, on cereal, in curry recipes (peanut butter and coconut milk makes a great base for curries). Coconut milk works fine in baking, but tends to separate if heated in liquids like coffee or tea.

## Oat Milk

### Ingredients:

1 cup old fashioned oats soaked 2.5 hours  
3.5 cups water  
1 tbsp agave nectar  
1 tsp salt

### Recipe:

Strain the soaked oats and rinse thoroughly (approximately 1 minute). Soaked oats get slimy, and this is what you are rinsing off. Blend the strained oats with the water on high for 8-10 seconds. Strain the mixture through a cheesecloth, nut milk bag, or wire strainer several times. On each straining, set the pulp aside on a baking sheet or wax paper. The more times you strain, the smoother the result will be. Mix in agave and salt with a spoon, or using the blender.

### Comments:

The thickness is akin to 2% cow milk, and is pretty sensitive to slight changes around the 3.5 cups of water listed. Variations of  $\frac{1}{4}$  cup will be very noticeable. Oat pulp will sink to the bottom, and the milk needs to be shaken/stirred before each use.

### Uses:

Oat milk has a very strong flavor, and it isn't for everyone. It doesn't make a good drinking milk, but it is good on cereal, and holds up fine for baking.

Oat pulp is very easy to dry out. When spread on a baking sheet and left out, or put in the oven with the light on, it will develop a crust in a day. After that, it holds together well enough to put in a dehydrator. Alternatively, you could flip the crusted pulp over to dry the other side. Once dried, it blends into oat flour very easily for use as a gluten free flour.

## **Rice Milk**

### **Ingredients:**

1 cup cooked brown rice  
3.5-4 cups water  
1/2 tbsp agave nectar  
1 tsp salt  
1 tsp vanilla (optional)

### **Recipe:**

Blend the rice and water on high for 1-2 minutes. Strain out the pulp. Mix in remaining ingredients.

### **Comments:**

Rice milk is not very thick. It is akin to skim milk. Additionally, it has a weak flavor, so it is very sensitive to additions like sweeteners and vanilla.

Rice milk stays in solution better than the other milks. It doesn't require as much shaking before use.

### **Uses:**

As a thinner milk, it is not really ideal for baking. It has a subtle enough flavor that it works well for straight drinking. It also works well on cereal.

The pulp can be dried and made into a flour, or used wet to make gluten-free crackers. One method is to add 2 tablespoons of flax seed meal and 2 tablespoons of sunflower seeds along with a pinch of salt. Spread the mixture thinly on a baking sheet and bake at 300F for 20-30 minutes (or until crispy). The crackers go great with a savory spread like hummus.

## Almond Milk

### Ingredients:

2 cups almonds, soaked 4 hours or more  
6.5 cups water  
4 dates, pitted  
1 tsp cinnamon

### Recipe:

Blend the almonds and water on high for 1 minute. Strain out the pulp in a cheesecloth, nutmilk bag, or mesh strainer. Return the result to the blender, add remaining ingredients and blend again until no large pieces of dates remain. Strain once again to remove date pieces.

### Comments:

Almond milk is thick and rich, even at the higher end of the water volume. It starts to thin out around 4.5 cups of water. Almond meal will sink to the bottom, and the milk needs to be shaken/stirred before each use.

Almond meal has countless uses, but due to the oil content of the nuts, the drying of the pulp needs to be taken care of immediately. Even a few hours' neglect will turn the pulp rancid and useless. Spread it on a baking sheet and put it in the oven on warm (170 degrees). Stir it up once an hour or so, until it is dry. It will take a few hours. Once dry, you can blend it into a flour, or keep it as meal.

### Uses:

For almond cookies, take  $\frac{1}{2}$  cup of the pulp and  $\frac{1}{2}$  cup of the resulting almond milk, and add to it  $1\frac{1}{4}$  cups flour,  $\frac{3}{4}$  cup sugar, 1 tsp baking soda, 1 tsp salt, 2 tbsp softened coconut oil, and 1 tsp cinnamon. Mix until just mixed and spoon onto a greased baking sheet 2 inches apart. Bake 10-12 minutes at 350 degrees or until golden brown.

## Cashew Milk

### Ingredients:

2 cups cashews, soaked 4 hours or more

6 cups water

2 tbsp agave

1 tsp salt

### Recipe:

Blend the cashews with 2 cups of water until pulverized. Approximately 1 minute. Add the remaining ingredients and blend until smooth.

### Comments:

Unlike the other milks, cashews are soft enough that they get completely incorporated into the milk, leaving no usable pulp.

Cashew milk is very rich, and highest in fat because the whole nut is used.

### Uses:

Due to its richness, cashew milk works great mashed potatoes, ice cream, smoothies, with cookies, or just on its own. It also works great in all your baking recipes.