

“Soy Milk”

The Adventures of KayRu

Ingredients:

1 Cup of Organic Non-GMO Soybeans
4-7 Cups of Water (add to desired consistency)
Teaspoon of Salt (salt to taste)

Directions:

Rinse and soak the soybeans overnight. Then clean and rinse several times until the water is clear and remove any loose skin. Drain and add to a medium to large pot. Add the 4 cups of water, cover and bring to a boil on medium high heat. Once the beans begin to boil reduce heat to medium low and simmer for 10 minutes. Remove and let cool.

Add the beans and water to a blender and blend on high for 3 minutes. Stop, add teaspoon of salt and blend for an additional 30 seconds. Check for desired consistency and add additional water and/or salt to desired taste.

Note: You may need to divide the milk and blend in batches depending on the size of your blender. Blend to a thin consistency for use as a non-dairy substitute, or thicker for use as a creamer or in smoothies.

Watch the YouTube Video here:

https://youtube.com/shorts/TEX_8mdBBvY

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