

How to Make Nut Milk at Home

Makes about 2 cups

What You Need

Ingredients

- 1 cup raw nuts (almonds, hazelnuts, pistachios, pecans, walnuts or cashews), preferably organic
- 2 cups water, plus more for soaking

Equipment

- Bowls
- Strainer
- Measuring cup
- Blender or food processor
- Fine-mesh nut bag or cheese cloth

Instructions

1. **Soak the nuts overnight (at least 12 hours) or up to 2 days.** Place the nuts in a bowl and cover with about an inch of water. They will plump as they absorb water. Let stand on the counter, covered with a cloth, overnight, or refrigerate for up to 2 days. The longer the nuts soak, the creamier the nut milk.
2. **Drain and rinse the nuts.** Drain the nuts from their soaking water and rinse them thoroughly under cool running water. At this point, the nuts should feel a little squishy if you pinch them. (It's best to discard the soaking water because it contains phytic acid, which inhibits the body's ability to absorb nutrients.)
3. **Combine the nuts and water in a blender.** Place the nuts in the blender and cover with 2 cups of water.
4. **Blend at the highest speed for 2 minutes.** Pulse the blender a few times to break up the nuts, and then blend continuously for two minutes. The nuts should be broken down into a very fine meal and the water should be white and opaque. (If using a food processor, process for 4 minutes total, pausing to scrape down the sides halfway through.)
5. **Strain the nuts.** Line the strainer with either the opened nut bag or cheese cloth, and place over a measuring cup. Pour the nut mixture into the strainer.
6. **Press all the nut milk from the nut meal.** Gather the nut bag or cheese cloth around the nut meal and twist close. Squeeze and press with clean hands to extract as much nut milk as possible. You should get about 2 cups. (See Recipe Note for what to do with the leftover nut meal.)
7. **Adjust consistency.** Thin nut milk with water as necessary to reach desired consistency.
8. **Refrigerate nut milk.** Store the nut milk in sealed containers in the fridge for up to three days.

Recipe Notes

Using the leftover nut meal: The leftover nut meal can be added to smoothies and muffins as it is. You can also spread it out on a baking sheet and bake it in a low oven until completely dry (2 to 3 hours). Dry nut meal can be kept frozen for several months and used in baked goods.