

Cashew Milk-Homemade

This recipe makes 6 cups



Ingredients

2 cups raw cashews

4 cups water

Directions

1. Soak the cashews overnight OR boil them for about 20 minutes
2. Drain the cashews and add them to a high-power blender
3. Blend until smooth
4. Strain the blended mixture through a fine mesh bag
5. Add parchment paper to your trays
6. Pour the milk into your trays
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 29 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of cold water to 1 cup of freeze-dried milk. Stir or shake in a jar. Enjoy

Notes:

You will get a smoother consistency with a high-powered blender like a Vitamix

When blending the nuts and water, add a splash of vanilla for flavor or a couple of dates for sweetness. Save the leftover cashew pulp and add it to smoothies, granola, or make a flour.

Nutritional Value Per 1 cup serving

Calories: 237 Protein: 7 g Fat: 18 g Carbohydrates: 12 g Sugar: 2 g Fiber: 1 g