

Milk: Non-Dairy

1 quart of milk is about 8 cups



Ingredients

1 quart of any non-dairy milk
(consider organic for extended storage)

We tried almond, coconut, oat and soy milk

Directions

1. Add parchment paper to your trays
2. Pour the milk into your trays
3. Pre Freeze when possible
4. Freeze dry (my cycle time was 48 hours)
5. Powder the milk into a fine powder
6. 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 powder. Stir or shake in a jar. Enjoy

Notes:

All of these rehydrated well. However, non-organic milk may have a shorter shelf life due to added ingredients and preservatives. Many non-organic options contain added oils, which can affect long-term storage. In contrast, organic milks typically have fewer additives and no added oils, making them a better choice for extended storage. Homemade plant-based milks seem to freeze-dry very well.

Nutritional Value Per 1 cup organic soy milk

Calories: 80 Protein: 7 g Fat: 4 g Carbohydrates: 4 g Sugar: 0 g Fiber: 4 g

Nutritional Value Per 1 cup organic oat milk

Calories: 90 Protein: 3 g Fat: 2 g Carbohydrates: 15 g Sugar: 4 g Fiber: 2 g

Nutritional Value Per 1 cup organic almond milk

Calories: 40 Protein: 1 g Fat: 3 g Carbohydrates: 2 g Sugar: 0 g Fiber: 3 g

Nutritional Value Per 1 cup organic coconut milk

Calories: 40 Protein: 0 g Fat: 4 g Carbohydrates: 2 g Sugar: 0 g Fiber: 0 g