

Easy, No Soak Nut Milk

Makes about 2 ½ cups

¼ cup almond or cashew butter

2 ¼ cups water

½ teaspoon vanilla extract, optional

1 teaspoon pure maple syrup or your favorite liquid sweetener

Pinch of salt, to taste

Add your nut butter, water, vanilla extract, and sweetener to your blender and run it for at least a minute so that everything gets a chance to mix and get creamy. Taste, adjust the sweetness to your liking, and add a pinch of salt if it needs it. Store in an airtight glass in your fridge. It might separate as it sits, just shake that shit up and the problem is solved. This will last at least a week in the fridge.

The Best Nut Milk

Makes about 6 cups

2 cups raw or lightly toasted nuts like almond, cashew, macadamia, or a mix

5 cups water

¼ teaspoon salt

1 teaspoon vanilla extract, optional

1 tablespoon pure maple syrup or your favorite liquid sweetener

Rinse the nuts and stick them in a large jar. Cover with at least 4 inches of water. They're gonna expand as they soak, so make sure your jar has enough room. Let them soak overnight or for at least 8 hours. Short on time? You can soak them in hot water for 2 hours, but the milk won't be as creamy.

When the nuts are good and soaked, drain, and rinse them. Throw them into your blender with the 5 cups water, salt, and vanilla and maple syrup if you're using them. You'll probably have to do this shit in batches unless you have a massive blender, which I don't. Let the blender run for at least 1½ minutes because you really want all the nuts broken up and creamy.

Use a clean, old cotton shirt, dish towel, a couple layers of cheese cloth, or an expensive nut milk bag to strain this into whatever you're gonna store it in. Just pour the milk over whatever you're using to strain it, carefully gather the corners, and twist until you've got this weird nut milk udder. Now squeeze that shit until it feels like you got all the liquid out and you just have a shirt filled with nut pulp. Sexy.

Store the liquid in the fridge and it should keep for a week. It might separate while it sits, but that's natural. A good shake will have it looking good as new.