

the Nut Milk Formula

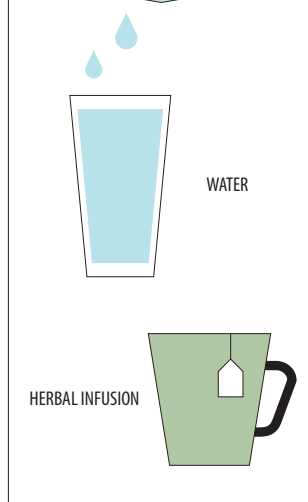
BASE

1 PART NUTS AND/OR SEEDS
SOAK FOR 1-12 HOURS, DRAIN & RINSE



LIQUID

4 PARTS FOR MILK
2 PARTS FOR CREAM



ADD-INS

WHOLE SPICES
OPTIONAL; TO TASTE



BLEND
(FOR 3 MINUTES)
A HIGH POWERED
BLENDER WORKS BEST

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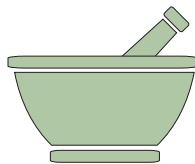


STRAIN
USING A NUT MILK
BAG, CHEESECLOTH OR
FINE MESH SEIVE.

EXTRAS

SWEETENERS & GROUND SPICES
OPTIONAL; TO TASTE

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CACAO
TURMERIC
CINNAMON
GINGER
NUTMEG



DATES
HONEY

BLEND OR STIR TO COMBINE & ENJOY!

STORE IN A CLEAN JAR IN THE FRIDGE FOR 3-4 DAYS OR FREEZE TO ENJOY LATER
TIP: FREEZE IN ICE CUBE TRAYS & TOSS INTO SMOOTHIES AND OTHER RECIPES



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