

MILK SUBSTITUTIONS

IF YOU HAVE A MILK ALLERGY, LACTOSE INTOLERANCE, OR JUST WANT TO GO PLANT-BASED, YOU HAVE OPTIONS!!



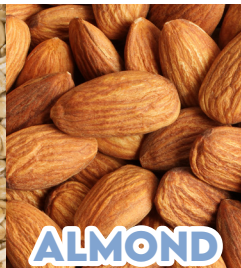
YOU CAN REPLACE COW'S MILK WITH STORE-BOUGHT OR HOMEMADE MILKS MADE FROM ONE OF THESE*



RICE



OAT



ALMOND



HEMP



CASHEW



COCONUT



PEA



SOY

*JUST DON'T REPLACE ONE ALLERGEN FOR ANOTHER!

MAKE NUT MILK

NEED: Raw unsalted nuts, water, a blender, strainer, and cheesecloth (or nut bag).

1. Soak shelled and peeled nuts overnight in water or boil for 8 minutes.
2. Drain and rinse nuts.
3. Put nuts in blender with 2 parts water for each 1 part nut (3 parts water for thinner milk). Pulse blender to break up nuts, then run high speed for 3 minutes.
4. Line a fine mesh strainer with 2 layers cheesecloth (or just a nut bag).
5. Pour nut mixture through strainer/bag over a bowl, twist closed. Squeeze and press with clean hands to extract milk into bowl.
6. Sweeten with agave, maple syrup, simple syrup or dates to taste.
7. Chill and enjoy!



MAKE OAT MILK

NEED: 1/2 cup rolled oats, 3 cups water, 1/2 tsp vanilla extract, and a tiny pinch of salt.

1. Combine all ingredients in blender and blend max for 30 seconds.
2. Line a fine mesh strainer with 2 layers cheesecloth.
3. Pour oat mixture through strainer over a bowl. Don't press, let gravity do the work.
4. Sweeten with agave, maple syrup, or simple syrup to taste.
5. Chill and enjoy!

MAKE NON-DAIRY BUTTERMILK

NEED: Any plant-based milk, and 1 tbsp acid (apple cider vinegar or lemon juice, for example).

1. Add 1 tablespoon of the acid to your plant milk and stir.
2. Wait 10 minutes and you'll have buttermilk!

