

Raw Rice Milk Recipe

Ingredients:

3 cups water

1 cup of organic brown rice (soaked overnight and drained)

Preparation:

Soak raw (uncooked) rice in water overnight, using two cups of soak water to every one cup of rice, and place in the refrigerator.

The next morning, drain the rice and put the soaked rice into the blender with three cups of water.

Blend until a milk like consistency is reached and add more water if needed.

Filter out the fiber using a fine strainer or pouring through cheesecloth.

For different flavors, add some vanilla, ground cinnamon and/or some maple syrup.



Raw Almond Milk Recipe

Fresh, homemade almond milk is a easy to make from scratch. This homemade almond milk recipe is a completely raw food recipe, a real raw treat! Use your homemade almond milk in smoothies, soups and other raw food dishes.

Ingredients:

1 cup raw almonds

3 cups water

2 dates (optional)

1/2 tsp vanilla

Preparation:

Soak the almonds in water overnight or for at least 6 hours.

Drain the water from the almonds and discard. Blend the 3 cups of water, almonds and dates until well blended and almost smooth.

Strain the blended almond mixture using a cheesecloth or other strainer.

Homemade raw almond milk will keep well in the refrigerator for three or four days.

Chill and serve!



Raw Cashew Milk Recipe

Raw cashew milk is delicious on its own, with a breakfast cereal or spiced with a bit of cinnamon and nutmeg. If you'd like to try cashew milk as a non-dairy milk substitute, here's how to make a raw cashew milk, suitable for vegans and also those on a raw food diet.

Ingredients:

1/2 cup raw cashews

2 cups water

maple syrup or honey (optional)

dash sea salt, to taste

Preparation:

Cover raw cashews with water and allow to soak for at least one hour.

Drain and rinse.

Place soaked cashews and 2 cups water into a blender and process until smooth, at least one full minute. Add a dash of sweetener, such as honey or maple syrup to taste.

You can use more or less water to vary the thickness of your raw cashew milk, depending on your personal preference, but in general, you want a 1:4 ratio of cashews to water.