



Easy Walnut Milk (unsweetened)

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Are you looking for an easy nut milk recipe? Are you trying to stop drinking dairy-free however still would like to enjoy products such as chia pudding, oatmeal, smoothies, or even used as creamer in your tea? Then this is the recipe that you will want to try. It does require some overnight soaking for best results however that is one step you do not want to skip.

Walnut Nutrition

If you are not a fish fan or a vegan? Then go nuts with walnuts because it is one of the best nonfish sources of omega-3 fatty acids, the reason they are considered heart-smart snacks. Nuts are loaded with monounsaturated fats that

benefit the heart, stabilize blood sugar, and help you lose weight. Don't overdo it, one cup of walnuts has more calories than a Big Mac. So how much is enough 1 ounce at least five times a week. You should store nuts in the fridge for up to a month or freeze in a sealed container for a few months.

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Do you want to avoid dairy however store bought nut milk is loaded with junk and is expensive. This recipe is what you are looking for.

- 3 cups water
 - 1 cup raw walnuts (presoaked & rinse) (see notes below)
1. In a high power blender like a Vitamix, add one cup presoaked walnuts and 3 cups water and blend thoroughly.
 2. Using a nut bag or cheesecloth pour milk and squeeze separating the nuts from the liquid.
 3. Pour in a milk jar and refrigerate for up to 5 days.

Put 1 cup raw walnuts in a bowl and cover with 3 cups of water and soak overnight. The next morning discard the water and

rinse the nuts thoroughly, then it is ready to use.