

There are many delicious options for replacing cow's milk. Below you will find just a few. These are delicious, high in vitamins and minerals and the oat and rice milk are extremely inexpensive to make. These work wonderfully in smoothies, soups and to replace cow milk in other recipes. Enjoy!

Almond Milk

1 cup almonds - soaked in pure water for at least 8 hours.

3 cups water

After soaking the almonds for at least 8 hours, drain and rinse. Add the almonds and water to a high speed blender and blend for 2-3 minutes. Strain the milk through a nut milk bag. You can add 1 Tablespoon of honey if you desire sweeter milk. The pulp from the almond milk can be dehydrated and used in place of almond meal and almond flour or it can be used in its moist state to make crackers and raw breads.



Oat Milk or Rice Milk

1 cup steel cut oats OR 1 cup brown rice soaked in pure water for at least 8 hours

4 cups water

After soaking the oats OR rice, drain and rinse. Add the 4 cups water to the blender and blend for 2-4 minutes. Strain through a nut milk bag. You can add 1 Tablespoon of honey if you desire sweeter milk.