

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Soy Milk



1 cup organic soy beans
Fresh water

Flavor with (one or a combination);

1 Vanilla bean
1 Slice of Ginger
Nutmeg
Cinnamon

Sweeten if desired by adding one of the following to taste;

Honey
Agave
Pure Maple syrup

Wash soy beans and remove any stones or other debris.

Cover the beans with water in a large glass bowl and soak overnight (8-12 hours). The beans will expand as they soak. Discard soak water, rinse and drain soy beans. In a strong blender or food processor, put soy beans and fresh water at a ratio of three parts water, one part beans. Blend until it becomes a smooth pulpy mixture. Pour into a medium sauce pan. Place pot on stove over high heat and bring to a full boil (If you are using a vanilla bean or slice of ginger for flavoring, add it now). Let the mixture boil for 3-5 minutes while stirring constantly. Remove from heat and let the milk mixture cool for 20-30 minutes and then strain through cheese cloth or Muslin. Twist and squeeze as much liquid from the pulp as possible. Flavor and sweeten milk to taste and put into a container in the fridge (makes approximately 1.5 quarts). Milk is good for 2-3 days. Milk can be enjoyed warm.

Note: The pulp is called Okara and can be used as filler for veggie burgers, an ingredient in breads or fed to horses or pigs.