

Herbal Legacy Recipes

Soybean Milk

from "Every Woman's Herbal" by Dr. John R. Christopher and Cathy Gileadi

Sort through 1 quart dry, organic soybeans and discard bad ones. Cover beans with distilled water at least overnight, and then sprout them until they have a "tail."

You will need to make the soymilk in a few batches. For each cup of soaked beans you will need 2 cups of boiling water.



For each batch of soymilk add 2 cups of boiling water to your blender. Blend for 1 minute to warm up your blender.

Then add 1 cup of beans to the 2 cups of boiling water. Grind for 2 to 3 minutes.

Strain in a muslin bag to remove the pulp, and squeeze well to get out as much of the milk as you can. If you don't have a muslin bag you can strain through a mesh strainer – be sure to press the mixture to get as much milk out as possible. You will need to do this for each batch until you have used all the soaked soybeans.

Gently heat all the milk at least 30 minutes in a double boiler. Stir occasionally.

Add 2 tablespoons oil, and a little honey, if desired. Refrigerate.

The flavor of this milk is mild and pleasant. You should be careful not to crack a plastic or glass blender container with the boiling water.

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