

# Cow's Milk Replacement

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 any other recipe. Most nuts need to be soaked for 8 hours in order to work well. I personally don't sweeten my nut milk, especially if I am using it in smoothies or other recipes.

## Almond Milk

1 cup almonds - soaked in pure water for at least 8 hours.  
3-4 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. The recipe states 3-4 cups of water. If you want a creamier milk, use the 3-cup ratio, otherwise, use 4 cups of water. Strain the milk through a nut milk bag, or a piece of muslin cloth. You can add 1 Tablespoon of maple syrup, honey, or a date 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. Nut milk will store in the refrigerator for up to 4 days.

## 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 date or a Tablespoon of honey if you desire sweeter milk.

Recipe by Tonya Judd