

# MILK SUBSTITUTIONS

IF YOU HAVE A MILK ALLERGY, LACTOSE INTOLERANCE, OR JUST WANT TO GO PLANT-BASED, YOU HAVE OPTIONS!!



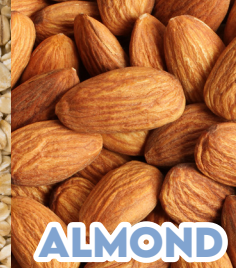
YOU CAN REPLACE COW'S MILK WITH STORE-BOUGHT OR HOMEMADE MILKS MADE FROM ONE OF THESE\*



RICE



OAT



ALMOND



HEMP



CASHEW



COCONUT



PEA



SOY

\*JUST DON'T REPLACE ONE ALLERGEN FOR ANOTHER!

## MAKE NUT MILK

**NEED:** Raw unsalted nuts, water, a blender, strainer, and cheesecloth (or nut bag).

1. Soak shelled and peeled nuts overnight in water or boil for 8 minutes.
2. Drain and rinse nuts.
3. Put nuts in blender with 2 parts water for each 1 part nut (3 parts water for thinner milk). Pulse blender to break up nuts, then run high speed for 3 minutes.
4. Line a fine mesh strainer with 2 layers cheesecloth (or just a nut bag).
5. Pour nut mixture through strainer/bag over a bowl, twist closed. Squeeze and press with clean hands to extract milk into bowl.
6. Sweeten with agave, maple syrup, simple syrup or dates to taste.
7. Chill and enjoy!



## MAKE OAT MILK

**NEED:** 1/2 cup rolled oats, 3 cups water, 1/2 tsp vanilla extract, and a tiny pinch of salt.

1. Combine all ingredients in blender and blend max for 30 seconds.
2. Line a fine mesh strainer with 2 layers cheesecloth.
3. Pour oat mixture through strainer over a bowl. Don't press, let gravity do the work.
4. Sweeten with agave, maple syrup, or simple syrup to taste.
5. Chill and enjoy!

## MAKE NON-DAIRY BUTTERMILK

**NEED:** Any plant-based milk, and 1 tbsp acid (apple cider vinegar or lemon juice, for example).

1. Add 1 tablespoon of the acid to your plant milk and stir.
2. Wait 10 minutes and you'll have buttermilk!



**FARE**