Home-made Cashew Milk. 

I used to be a huge soy milk fan until I started learning about how bad it is for you. Cafes seem to be catching on and now most offer almond milk as an option. As usual though, even when you think you’re making a healthy choice you often find out you’re not. This pretty much happens the minute you buy something pre made/packaged. Some bottled almond milk is ok but most still contain sunflower oil and sweetners like raw sugar, agave or rice malt syrup.

I had a go at making my own almond milk but found it a bit watery. Then I discovered cashew milk! OMG it’s creamy and makes a great latte. And the best thing…it’s just cashews and water, no hidden nasties!

Here’s what I do:

In a large glass jar/jug put one cup of cashews.

Cover with filtered water (tap would be ok if there’s no other option).

Leave for at least two hours, I prefer overnight.

Rinse cashews, get rid of the soaking water.

Add cashews and approximately 1 Litre of water to your thermos/Bellini/food processor/smoothie maker.

Blitz on speed 8-10 for approximately 45 seconds. You want the pieces to be tiny like breadcrumbs. Depending on your machine you might need to blitz some more.

Strain. I strain mine through a normal old sieve but you can use a nut bag or muslin if you want to.

Store in a glass jar or jug for up to three days in the fridge.

I make a morning latte (there’s no way I’m giving up my caffeine habit!) by frothing it like normal milk and adding it to my shot of coffee. Delish!

Not only is it cheaper to make it yourself, you can use the left over pulp!

I collect mine in a container and when I’m heating up the oven I put it on a paper-lined try and bake until it’s crisp. Add it to granola or use it as a flour in cakes and bliss balls. Sometimes I just add it wet to smoothies and bliss balls.