

NUT MILK *yields approx 3 cups*

- 01** Place 1 cup of nuts in carafe and cover completely with water
- 02** Let soak for 12 hours
- 03** Drain and rinse nuts
- 04** Add 3 cups of cold water to rinsed nuts
- 05** Add ½ tsp of salt
- 06** Blend on high for 1 minute
- 07** Pour blended mix into filter
- 08** Almond milk filters in 20 minutes
Hazelnut milk filters in 10 minutes
**Use flat surface (e.g. bottom of a glass)
to gently press all milk out of filter*

COCONUT MILK *yields approx 3 cups*

- 01** Combine 3 cups hot water and 1 cup unsweetened shredded coconut in carafe
- 02** Let sit 2-3 minutes
- 03** Blend for 30-60 seconds on high
- 04** Pour blended mix into filter
- 05** Coconut milk filters in 3 minutes
**Use flat surface (e.g. bottom of a glass) to gently press all milk out of filter*



QUICK ALMOND MILK

- 01** Bring 1 cup water to boil and pour over
1 cup almonds
- 02** Soak for 1 hour
- 03** Drain and rinse nuts
- 04** Add 3 cups of cold water to rinsed nuts
- 05** Add ½ tsp of salt
- 06** Blend on high for 1 minute
- 07** Pour blended mix into filter
- 08** Almond milk filters in approximately
10 minutes

**Use flat surface (e.g. bottom of a glass)
to gently press all milk out of filter*

ADD-IN IDEAS

Flavoring

- + Cinnamon
- + Nutmeg
- + Cloves
- + Vanilla
- + Cocoa Powder
- + Strawberries
- + Mango
- + Raspberries
- + Blueberries
- + Peaches

Sweetner

- + Maple Syrup
- + Honey
- + Agave Nectar
- + Granulated Sugar

Scents

- + Mint
- + Rose Petals
- + Vanilla Bean

