

How to Make Cashew Milk



I've recently become obsessed with cashews. I've been adding them to smoothies, making sauces from them, and even using them in hummus. The greatest thing I've figured out how to make so far is homemade cashew milk. As somebody who is sensitive to both soy and almonds, learning to make cashew milk turned out to be a total lifesaver. This stuff is my new favorite "milky" beverage, and it's super easy to make.

Why make cashew milk, besides the fact that it's so yummy? Lots of reasons! Cashew milk is a non-dairy milk, which means it contains no lactose. In its most basic form, it's made from filtered water and cashews. Cashew milk is easily digested by most folks who are lactose intolerant. Because you're making it at home, you have total control over the ingredients— the sweetness level, the texture, the fat content and the overall flavor. For those who keep kosher, it's a terrific substitute for dairy milk in recipes that you would like to keep pareve. I much prefer

cashew milk to chemical-filled and preservative-laden non-dairy creamers. No strange additives in this milk, it's all natural!

Cashew milk has lots of health benefits. Unlike dairy milk, it is cholesterol free. Cashews are high in B vitamins, copper and magnesium. They also have a lower total fat content when compared with other nuts. About 75% of the fat in cashews is unsaturated fatty acids, primarily oleic acid, the same monounsaturated fat found in olive oil. That means the fat found in cashews is heart-healthy, and can help lower your risk of stroke and heart disease.

Best of all, I've found cashew milk to be creamier than most other non-dairy milks. I love that it doesn't taste overwhelmingly like cashews... in its pure unsweetened form it makes a fine substitute for plain milk. When using it on cereal or in my tea, I like to give it a touch of sweetness (throwing a whole date into the blender works great, or use honey, stevia or agave nectar). Adding a little vanilla and salt rounds out the flavor. I've also added cinnamon and nutmeg before, which gave a nice effect. Depending on what you plan to use your cashew milk for, you can experiment and adjust the ingredients to taste. A [nut bag](#) will help you strain the milk to achieve a thin, grit-free texture; if you don't have one and don't want to order one, a fine mesh strainer, clean tea towel or multiple layers of cheesecloth will work just dandy.

Recommended Products:

1. [Blender example](#) Vitamix 1710 Professional Series
2. [Nut Bag](#)
3. [Quart Jar](#)

INGREDIENTS

- 3/4 cup raw unsalted cashews
- 3-4 cups filtered water, plus more for soaking cashews
- 1 1/2 tsp honey or agave nectar, or one whole pitted date (optional)
- 1/2 tsp vanilla (optional)
- Dash of salt (optional)

YOU WILL ALSO NEED

- Blender or food processor, fine mesh strainer or nut bag or clean tea towel or cheesecloth, 1 quart glass jar or storage container

Prep Time: 8 Hours

Total Time: 8 Hours 5 Minutes

Servings: About 1 quart cashew milk

Kosher Key: Pareve