

How to Make Brown Rice Milk



This originated in Japan, where rice is abundant (although made throughout Africa, Mexico and other countries too). Rice milk is a grain milk made by processing rice. You probably already have the ingredients at home, its super inexpensive - just a fraction of the price that rice milk sells for at stores!

INGREDIENTS

- 1 cup brown rice, uncooked
- 1 cup water
- 1 teaspoon vanilla extract (**optional**)
- artificial sweetener (**optional**)

DIRECTIONS

1. Bring 1 cup of water to a boil.
2. Add rice and bring to a boil again. Once boiling, cover, reduce heat to low, and simmer until rice is cooked, about 40 minutes.
3. The rice will be soft and waterlogged; drain off any excess water if necessary.

4. Transfer rice to a blender and add 2 cups of warm water.
5. Blend until well incorporated, about 2 to 3 minutes.
6. Add another 1 cup of warm water and blend again. If you prefer an even thinner non-dairy milk, add another 1/2 to 1 cup of warm water and blend again.
7. Let the mixture sit for 30 minutes. Meanwhile, drape cheesecloth over the top of a pitcher or storage container and secure it around with a rubber band. Make sure the cheesecloth drapes down into the container and is not tightly fashioned straight across, as it needs to act as a strainer.
8. After 30 minutes, use a spoon to scoop any residue off the top of your milk mixture (usually a thin film forms during the cooling process). Once that is removed, slowly pour the milk into the container through the cheesecloth. Be sure not to pour all the bits that have collected at the bottom.
9. **Optional:** Add a few drops of vanilla extract and/or sweetener to taste.