

Jill's Joyful Kitchen



Vanilla Brazil Nut Milk

1 cup Brazil nuts, soaked overnight or 4-6 hours
4 cups of water
1/8 teaspoon sea salt
2-4 medjool dates, pitted (more if sweeter is desired)
1 teaspoon vanilla extract

Drain nuts and rinse well. Place in a high-speed blender with 4 cups water and blend for 1 minute or until smooth. Pour through a cheesecloth/nut milk bag to separate the pulp from the milk, using a pitcher or a large glass bowl to catch the milk as it is strained. If using a cheesecloth, lay cloth over a fine mesh strainer that is placed over a wide rimmed bowl. Use the back of a spoon to press the milk through the cheesecloth. Transfer milk back to the (rinsed) blender and add the rest of the ingredients and blend again until smooth. Taste milk and adjust sweetness to your liking. For a more rich milk, use 3 cups water instead of 4. Pour into a jar or container with an airtight lid. It will keep fresh for 3-4 days. Shake before using as natural separation may occur.

Preferred straining method: cotton nut-milk bag

Joyful News

- ❖ I like to add this rich, creamy milk to my morning Dandy Blend (a gluten free coffee substitute made from dandelion root) as well as pour it over homemade granola.

- ❖ Brazil nuts are a super rich source of the trace mineral selenium....one to three brazil nut provides your day's supply.
- ❖ Brazil nuts also contain thiamin (Vitamin B1 good for healthy nervous system) phosphorus, and magnesium.
- ❖ 2500 times more selenium than any other nut.