



Pecan Milk (Homemade Organic)

By Squido

5 Simple Steps to Delicious Fresh Pecan Milk

To make your own fresh raw organic pecan milk you will need:

- 1 cup of raw organic pecans
- 3 cups of spring water or filtered drinking water
- Agave nectar or raw organic honey
- Blender
- Mesh strainer or nut milk bag

Step 1 Soak 1 cup of raw organic pecans in water for 4-8 hours.

Step 2 Drain and rinse pecans.

Step 3 Blend pecans with 3 cups of water for 1 minute. For a thicker creamier milk decrease the amount of water in the recipe. For a lighter milk add more water.

Step 4 Strain nut milk with a mesh strainer or nut milk bag into a large bowl, pitcher, or jar. If you are using a mesh strainer, move the pulp from the bottom of the strainer with a spoon. This allows the milk to drip through. To use a nut milk bag simply place your nut milk bag over a large bowl or pitcher and pour nut milk into your nut milk bag. The milk should drip through to your container while the nut pulp stays in the bag. Give the pulp in the bag a little squeeze to separate the rest of your milk from the pulp. You can save the nut pulp for another recipe or compost it.

Step 5 Sweeten to taste with agave nectar or raw organic honey by shaking your nut milk and sweetener in a jar with a tight fitting lid, or by blending your strained nut milk again with sweetener. Don't overdo it, pecans have a naturally sweet flavor.

The Balanced Body Center

(704) 849-9393 www.knowbalance.com