



Pistachio Milk (Homemade Organic)

By Food Babe

Prep time: 10 minutes Total time: 10 minutes

Ingredients

1 cup of raw shelled pistachios rinsed

3 cups of water

1 tsp ground cardamom seed (optional variation #1)

1 tsp vanilla extract (optional variation # 2)

1 tsp almond extract (optional variation #3)

Instructions:

1. Place pistachio nuts, 2 cups of water in blender and blend on high
2. Pour milk into a bowl using a fine mesh strainer, separating the pulp from the milk
3. Place pistachio pulp back in blender, plus 1 cup water and blend
4. Strain milk one more time using a fine mesh strainer

Notes: It is always best to buy all organic ingredients