

*How to make
your own*
Nut Mylk



Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

Get ready to make your own nut mylk!

NUT MYLK

Prep time: 20 mins

Ready in: 8.5 hours

Makes approx. 1 L (1 US qt)

What you'll need

1 cup (250 mL) of
your choice of nuts

A blender

Method:

Measure 1 cup (250 mL)
of nuts into the 1 L (1 US qt) jar.

Cover the nuts with water
and leave to soak according
to the soaking chart.



SOAKING CHART FOR NUT MYLKS

Brazil	Not required
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Pistachio	Not required
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Cashew	2 hours
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Walnut	4 hours
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Pecan	4 - 6 hours
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Macadamia	8 hours
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Pine Nut	8 hours
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Hazelnut	8 hours
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Peanut	8 hours
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Almond	8 - 12 hours
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1

Rinse and drain the nuts using the nut bag.



2

Put the nuts into a blender with 3 cups (750 mL) of water.



3

Blend until smooth, this will take about 2-3 minutes depending on your blender.



4

Pour the mixture into your nut bag with a jug/ bowl underneath to catch the milk.





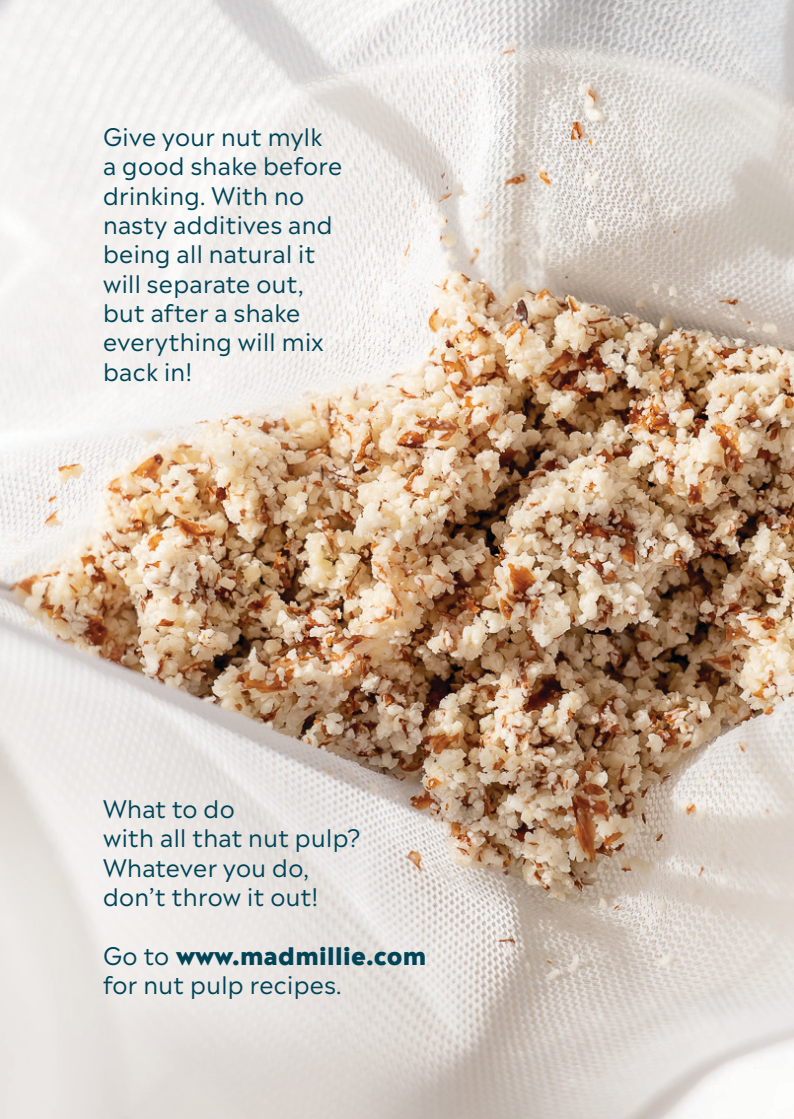
Use an extra 1 cup (250 mL) of water to rinse out the blender and pour this through the nut mylk bag.



Give the bag a good squeeze to ensure you get all the goodness out of it.



Pour the fresh nut mylk into your glass bottle and store in the refrigerator for up to 5 days.



Give your nut mylk
a good shake before
drinking. With no
nasty additives and
being all natural it
will separate out,
but after a shake
everything will mix
back in!

What to do
with all that nut pulp?
Whatever you do,
don't throw it out!

Go to **www.madmillie.com**
for nut pulp recipes.

NUT MYLK RECIPES

CASHEW TURMERIC MYLK

1 L (1 US qt) Cashew Mylk +
1 Tbsp turmeric powder + 1 Tbsp honey +
a pinch of sea salt (optional).

RAW CACAO HAZELNUT MYLK

1 L (1 US qt) Hazelnut Mylk + 2 Tbsp Raw Cacao
Powder + 1 - 2 Tbsp Organic Coconut Sugar +
pinch of sea salt (optional).

MAPLE PECAN MYLK

1 L (1 US qt) Pecan Mylk + 2 Tbsp Maple Syrup +
pinch of sea salt (optional).

BERRY MACADAMIA MYLK SMOOTHIE

750mL (25 US fl oz) Macadamia Mylk + 1 cup
juicy berries (fresh or frozen) + 2 pitted dates.



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in to win every month!



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in your own home.
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