

How to Make Your Own Nut Milk

Hi, there! It's Gabriela Rosa here again, and I thought I would bring you back to my kitchen and teach you how to make a nut milk.

Now I do have a little bit of a confession to make. I am very lazy when it comes to having pre-plan things like making a nut milk, so I never do. I kind of make it on the spot.

The best thing about making your own nut milk, it's super easy, it's super quick, it is super cheap to make your own, and it's much healthier than buying it from a tetra pack. Tetra packs are those kinds of like containers that inside they're lined with either aluminium or plastic.

All those endocrine disruptors are very detrimental to your fertility, so I really want to make sure that you avoid any of those endocrine disruptors by avoiding a tetra pack altogether and making your own. It's super simple, and as I was saying, I'm very lazy when it comes to this, so I'm just going to give you the kind of cheat's way of making you nut milk.

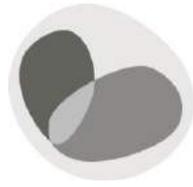
What you do is you get 2 parts of water to 1 part of nut, and you can use any nut you want. It doesn't want to be almonds. I'm using almonds, and the only thing that I would recommend, most nut milks when you go make it, they recommend that you soak the nut overnight. I never remember these types of things and really to be honest, who has the time.

What I do is I wash the nuts, make sure that they're rinsed because a lot of the aflatoxins or things that are kind of on the surface of the nut like funguses that may grow on it, they basically get washed off when you wash with filtered water.

This is filtered water. You must only be drinking filtered water. If you don't have filtered water, make sure that you buy like filtered water in a bottle if you can't help it. But essentially, a water filter in your kitchen is one of the best investments that you will ever make.

Then you rinse this and all you do is literally put it in your blender, so I'm going to put in my nuts, and then my water, as I said 2 parts to 1 part, so 2 parts water to 1 part nut, and close it. You're going to blend for about 3 minutes, so let's get that happening.

Okay so that's been 3 minutes and our nut milk is made. Now ordinarily, you would probably read in recipes that you can strain it with a nut milk bag; I don't do any of that. Like I said, I'm a little bit lazy when it comes to these things. Literally 3 minutes is enough for it to be very homogenous and you will see I will just pour it in here. You want to make sure look how creamy and how delicious that looks.



Now if you want a little bit of a treat when you're blending your milk, you could add a couple of dates to the mix and you could also a little bit of vanilla essence if you wanted to.

You will be able to store these for a couple of days in the fridge. You just get a glass jar, put it in. You can use this for cereals. You can use it for smoothies. You can use it for anything that you would ordinarily use milk for because we know that a fertility diet is best to be gluten-free and dairy-free, hence while making your own nut milk might be a good way of going about things. Then you just basically close it. Put it in the fridge, or use it straight away, and enjoy.

Now one thing you need to know about nut milk—and this is another little tip that I will give you—when you're making a smoothie, you don't have to go through the process of making the milk and using that. What I do is whenever I'm making a smoothie and I'm going to use about a cup of water, I put about a quarter of a cup, maybe even a little less of nut and water into the blender and put my other ingredients in there and just blend it.

That way, the nut milk gets made whilst you're making the smoothie itself, so it's a good fast tip that you can use to just speed the process of eating and drinking healthy food that will optimize your fertility.

I hope that helps, and until next time, bye for now!

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