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Hazelnut Milk

Equipment: High Speed Blender
Sprout Bag or Cheesecloth

Ingredients:

- 1 cup whole, raw hazelnuts, soaked 8-12 hours, drained, and rinsed
- 3 cups water
- 1 tsp cinnamon (optional)
- 1/4 tsp nutmeg (optional)
- natural stevia for sweetener (consider vanilla)
- dash of sea salt

Place 2 cups of the water and the hazelnuts, cinnamon and nutmeg in the blender. Blend on high speed until very smooth. Add the remaining 1 cup water and natural stevia and blend until smooth. To separate the "milk" from the hazelnut pulp, squeeze the blended mixture through a double layer of cheesecloth or through a sprout bag. Serve at room temperature or chilled. Stored in the refrigerator, Hazelnut Milk will keep for five days.

Hazelnut milk is a wonderful dairy substitute. Drink it plain, use it as a base for smoothies, or serve it over chia pudding. To make a richer Hazelnut Cream, add $\frac{1}{4}$ to $\frac{1}{2}$ cup water at the end. Hazelnut milk is an excellent source of B-6, iron, and magnesium. Eliminate the dates and use natural stevia for sweetener if you want a lower glycemic but still sweet recipe.

Spice it up in the Fall with pumpkin pie spice...yum!

Tip: Save the pulp and put in an airtight container in the freezer. You can use it to make raw cookies if you own a dehydrator.



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Chef Toni St. Clair
balance@trueselftotalhealth.com