

Quick Homemade Plant-Milk

Swick

Makes 8 ozs | Active Time: 5 minutes | Total Time: 5 minutes

Step 1: Making the Plant Milk

- 8 ounces filtered water
- 1 TBSP of raw nut butter (or unsalted, plain, raw seed butter will also work)
- 1 date (soaked in hot water for about 15 minutes)
- Dash of Vanilla (optional)

Add all ingredients to a blender *

Blend for 30 seconds, or until blended well.

Strain. Pour. Drink.

Best served chilled. You can quadruple the recipe to equal one quart. Transfer milk to an air-tight container, and be sure to label and date it. Keeps in refrigerator for up to five (5) days.

- A personal blender will work well for this recipe.

NOTE: This is a very cost-efficient beverage to make. Making one quart will cost only about 40 cents to prepare.