

CARAMEL VANILLA HAZELNUT MILK

adapted from *Oh She Glows Everyday*

Yield: 3 to 3 1/2 cups

Soak Time: 8 hours, or 1 hour for quick-soak method

Processing Time: 10 minutes

Storage: best day of; refrigerate up to 3 - 4 days



Ingredients

3/4 cup raw hazelnuts – *see note

1/4 cup raw almonds – * see note

water for soaking, preferably filtered – *see note

3 - 3 1/2 cups filtered water for the actual milk

3 Medjool dates, pitted

2 teaspoons vanilla extract

small pinch of salt

optional: 1/2 teaspoon cinnamon

*Note: Can use unsalted, roasted hazelnuts and almonds to skip the soaking step. Resulting milk will have a more pronounced nutty flavor. You can also play around with the ratio of nuts: maybe try 1 cup of hazelnuts + no almonds, or 1/2 cup hazelnuts + 1/2 cup almonds.

Directions

1. Place raw hazelnuts and almonds in a bowl, cover with enough water that the water level is a couple inches above the nuts. The nuts will enlarge as they absorb the water; you want to make sure they stay submerged the entire time. Soak nuts for 8 hours in the fridge, then rinse and drain them well (discard soaking water).

**For quick-soak: Soak nuts in boiled water for 1 hour at room temp, then rinse and drain well.

2. Place drained nuts, filtered water, dates, vanilla, salt, and cinnamon (if using) into a blender - I recommend starting with 3 cups of water, you can add more later. Process on high speed until nuts are completely blended and milk looks creamy, about 60 - 75 seconds (may take a bit longer if you don't have a high speed blender). Add more water if thinner consistency is desired.

3. Strain the milk over a large bowl or pitcher using a nut milk bag, an *extra* fine-mesh strainer, or a thin tea towel or dish towel. This process can take 3 - 5 minutes. Store milk in an air-tight container in the fridge to preserve freshness. Give the jar a good shake before enjoying.