

CREAMY CASHEW & HEMP HEART MILK

recipe by Living Balanced Nutrition

Yield: 4 - 5 cups

Soak Time: 30 minutes - 1 hour

Processing Time: 5 - 10 minutes

Storage: best day of; refrigerate up to 4 - 5 days



Ingredients

3/4 cup raw cashews

water for soaking, preferably filtered

1/4 - 1/2 cup hemp hearts (also called hulled hemp seeds)

4 - 5 cups filtered water

1 - 2 Medjool dates, pitted (at least 1 is recommended since hemp can have a slightly bitter aftertaste)

pinch of salt

Directions

1. Place raw cashews in a bowl or mason jar, 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 to soften them for about 30 minutes. You may want to soak up to an hour if you don't have a high speed blender, this will further soften the cashews to make them easier to blend. Afterwards, rinse and drain nuts well (discard soaking water).
2. Place drained cashews, hemp, 4 cups filtered water, dates, and salt into a blender. Process on high speed until nuts and seeds are completely blended and milk looks smooth and creamy, about 75 - 90 seconds (may take a bit longer without a high speed blender). Add more water if thinner consistency is desired.
3. You can enjoy this milk without straining if you don't mind a bit of grittiness from the hemp hearts. Otherwise, strain over a large bowl or pitcher using an *extra* fine mesh-strainer, using a spoon or spatula to help the liquid through. Store milk in an air-tight container in the fridge to preserve freshness. Give the container a good shake before enjoying.