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.