

Oh, Nuts!

Soak overnight in fresh, filtered water with a pinch of sea salt.

For cashews, don't over-soak as they become slimy and bitter if left to soak for too long.

Make crispy nuts by drying soaked nuts on a cookie sheet in your oven on 'low' setting until crispy or dehydrate

pine nut, macadamia, pistachio, Brazil nuts - do NOT soak

cashews 2-4 hrs

pecans 4-6 hours

walnuts 4-6 hours

almonds 8-12 hours

For nut milk production ratio is 1 cup of nuts to 3 cups of water.

HomeMade Coconut Milk

Ingredients:

1 cup of unsweetened shredded coconut

2 cups of water.

Method:

Blend in Vitamix (let me know if you decide to get one...I have a coupon code for free shipping) and then strain out the pulp. Voila! Homemade Coconut milk! Easy peazy!