

Basic Nut Milk



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



272 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 teaspoons agave nectar (nectar)
- ☐ 1 cup pistachios raw
- ☐ 0.1 teaspoon sea salt

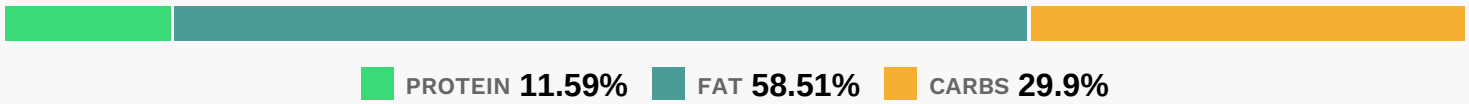
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Place nuts in a large bowl and add water to cover by 2".
- ☐ Let stand at least 12 hours (this is key for silky, nongritty results; the longer the nuts soak, the smoother the milk will be).
- ☐ Drain nuts; discard soaking liquid. Purée nuts, agave, salt, and 4 cups very hot water (but not boiling; hot water yields creamier milk) in a blender on high speed until very smooth, about 2 minutes. Strain through a fine-mesh sieve into a medium bowl, pressing down on solids; discard nut pulp. Thin nut milk with water as necessary to reach desired consistency.
- ☐ Transfer to airtight container and chill until cold.
- ☐ DO AHEAD: Nuts can be soaked 2 days ahead; cover. Nut milk can be made 3 days ahead; keep chilled.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:2.79, Inflammation Score:-4, Nutrition Score:10.153478259626%

Flavonoids

Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 271.75kcal (13.59%), Fat: 18.67g (28.72%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 17.22g (6.26%), Sugar: 12.21g (13.56%), Cholesterol: 0mg (0%), Sodium: 97.84mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.65%), Vitamin B6: 0.73mg (36.41%), Copper: 0.53mg (26.71%), Vitamin B1: 0.37mg (24.86%), Manganese: 0.49mg (24.65%), Phosphorus: 201.03mg (20.1%), Fiber: 4.25g (17%), Magnesium: 49.75mg (12.44%), Potassium: 420.8mg (12.02%), Iron: 1.62mg (9%), Vitamin E: 1.07mg (7.16%), Folate: 24.91µg (6.23%), Zinc: 0.9mg (6.02%), Vitamin C: 4.56mg (5.53%), Vitamin B2: 0.09mg (5.15%), Selenium: 3.1µg (4.42%), Calcium: 43.24mg (4.32%), Vitamin A: 170.15IU (3.4%), Vitamin B3: 0.62mg (3.12%), Vitamin K: 3µg (2.86%), Vitamin B5: 0.21mg (2.13%)