



Flourishing Kitchen

Easy Homemade Hazelnut Milk

Raw. Vegan. Gluten-free.

Prep Time: 5 mins | Soak Time: pre-soak hazelnuts 8 hrs or overnight. | Serves: 2

Recipe Ingredients:

½ cup raw hazelnuts (soaked overnight)
2 cups water, I like bottled still spring water
1 pitted date

You Will Need:

High speed blender
Nut milk bag or cheesecloth
Large mixing bowl
2 serving glasses



Recipe Directions

1. Rinse and drain the soaked hazelnuts. Place the ingredients into your blender and blend until smooth.
2. Strain the nut milk through the nut milk bag or cloth into the bowl making sure to squeeze as much liquid out as possible leaving the hazelnut pulp behind.
3. Pour the milk into a suitable container to store refrigerated or pour into 2 serving glasses.

Recipe Notes

Soaking the nuts softens them and produces a smoother tastier milk.

Try adding a little vanilla or a pinch of sea salt to your nut milk for more flavour.

Can be refrigerated for 2-3 days.