



## Brazil Nut Milk

4 servings

5 minutes

### Ingredients

- 1 cup Brazil Nuts (pre-soaked overnight)
- 1 liter Water (filtered)
- 1 tsp Sunflower Lecithin
- 1 tsp Raw Honey (optional)
- 1 tsp Vanilla Extract (optional)

### Directions

- 1 Place pre-soaked and rinsed nuts in a blender. Add all the other ingredients and blend together for around 1 min.
- 2 Sieve the milk through a cloth, a sieve or a nut milk bag.
- 3 Transfer to a glass bottle or a jar and store in the fridge for up to 3 days.