



**fresh nut/seed milk**

1 cup of nuts or seeds soaked in 1-2 cups of water  
puree nuts/seeds and soaking water in blender  
add 2 cups fresh water and puree again  
pour and stir through a fine strainer,  
or squeeze through cheese cloth or a nut bag

drink immediately or store in refrigeration to drink later  
(remember to mix or stir before using as nut/seed milks settle)

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