



Makes: 4 cups

Prep Time: 5 minutes

4 cups filtered water

2 cups raw Brazil nuts

1¼ teaspoons vanilla extract

½ teaspoon sea salt

¼ teaspoon cardamom powder

Spiced Brazil Nut Milk

Making your own nut milk is incredibly easy. This Brazil nut milk, a tasty homemade alternative to store-bought dairy-free milks, is especially rich in immune-boosting selenium. Sea salt brings out the natural sweetness in the milk while adding extra trace minerals.

1. Combine all the ingredients in a high-speed blender and blend until smooth. Strain through cheesecloth into a large glass jar. Store in the fridge for up to 5 days.