

PLANT-BASED CREAM AND MILK



15 minutes + 2-8 hours soaking time



Cream = 1 cup | Milk = 4 cups



Nuts

TO MAKE CREAM | 🌱 1 plant point

1 Discard the soaking water. Transfer the nuts to a blender or food processor.

2 Gradually add the cold water, blending thoroughly as you go to achieve the desired consistency. The mixture will start out as a paste and, with $\frac{1}{2}$ cup water, will reach a thick, yoghurt-like consistency. The amount of water needed depends on the type of nuts used. Mix in the salt.

3 Use the cream in dishes that traditionally use dairy cream, such as creamed spinach, pastas, smoothies, desserts, soups or stews.

Sour Cream | 🌱 1 plant point

1 To 1 cup plain cream, gradually add $\frac{1}{2}$ tsp apple cider vinegar or 1 tsp lemon juice.

2 Mix in well, a little at a time, and adjust the vinegar or lemon juice to taste.

Sweet Cream | 🌱 1½ plant points

1 To 1 cup plain cream, add ground cinnamon, cardamom and/or honey to taste, mixing in well with each addition.

TO MAKE MILK | 🌱 1 plant point (if not strained)

1 To 1 cup plain cream, add about 3 cups water and blend.

2 If using in porridge and smoothies, do not strain in order to retain the nutrients. You may strain if using for tea or coffee. Use the strained nut meal for baking, or in soups and smoothies.

3 The cream or milk can be stored in the fridge for up to 3 days.

1 cup raw nuts of your choice (or hemp seeds), soaked in 4 cups cold water, covered, for 2-8 hours to soften
 $\frac{1}{2}$ - $\frac{3}{4}$ cup cold water
 Pinch of fine salt

NOTES

The protein content of the unstrained milk is closer to that of cow's and goat's milk.

You need a fairly powerful blender to create a smooth mixture that is not too grainy. Making a paste (cream) first will result in less-grainy milk.

VARIATIONS

To 1 cup plain milk, add the following and blend:

- 1 tsp matcha and 2 tsp coconut cream or milk
- 1 date (or 1 tsp honey), $\frac{1}{4}$ tsp vanilla extract and 2 cardamom pods
- See smoothies on pp. 212-217 and milks on pp. 202-205

MACRONUTRIENTS	Energy (kJ)	Carbohydrates (g)	Protein (g)	Fat (g)	Fibre (g)
CREAM: PER SERVING (2 TBSP)	490.5	3.4	4.0	9.7	1.1
MILK: PER SERVING (1 CUP)	981.0	6.8	8.0	19.4	2.1

