

hazelnut milk

high in vitamin E - healthy skin

rich in iron, magnesium &
B vitamins

rich in folate -
great for pregnancy

rich in protein

whole food secrets



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prep time: 5 mins plus soaking time

servings: 6

Deborah Murtagh's

whole food secrets

reviving ancestral cooking



Ingredients:

2 cups raw hazelnuts

½ tsp salt

1 litre filtered water (or 1.5ltrs to taste)

1 tsp vanilla essence

2 medjool dates, optional extra

sweetness

pinch himalayan salt

method:

1. Soak your hazelnuts with 1/2 tsp salt overnight, strain and rinse well.
2. In the morning place all your ingredients into your blender and blend until smooth.
3. Strain and milk through a nut seed bag. Freeze the fibre to use in baking and place the milk back in your blender.
4. Add the dates and vanilla and the pinch of salt to your milk and blend on high for 30 seconds until the dates are blitzed.

notes: Use the same technique for almond milk.



nutrition data per serve | carb 13 g | carb from sugar 7 g | net carbs 6 g | protein 7 g | fat 27 g | fibre 5 g