

Complete Guide to Homemade Nut and Seed Milk

Hands-on 10 minutes Overall 10 minutes - 12 hours

Nutritional values (per 1 cup, almond milk): Total carbs: 1.7 g, Fiber: 0.7 g, **Net carbs: 1 g,**

Protein: 1.2 g, Fat: 2.9 g, Calories: 34 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 cups)

Basic ingredients:

1 cup nuts or seeds such as [almonds](#) (either blanched or unblanched) (145 g/ 5.1 oz) or *substitute with any nuts or seeds from the list above*

4 cups cold filtered water (4 cups/ about 1 L), plus more for soaking

pinch [pink Himalayan](#) or [sea salt](#)

Optional extras (choose any from the list below):

1/2 [vanilla powder](#) or seeds from 1 fresh vanilla pod

1/4 tsp ground [cinnamon](#)

1 tbsp nut butter, seed butter or [coconut butter](#) (*you can [make your own](#)*)

1 tsp fine lemon zest or orange zest

1/4 tsp [ground turmeric](#) or [matcha powder](#)

1 tbsp [cacao powder](#)

1 tsp – 1 tbsp powdered [Swerve](#) or [Erythritol](#) or a few drops of [stevia](#), or other low-carb sweetener from [this list](#)

Note: Nutrition facts are per 1 cup of [almond milk](#), not including optional ingredients. Values for other types of nut and seed milk will be very similar.

Instructions

1. Soak the nuts (or seeds) in filtered water using the minimum soaking times specified above, or leave overnight.
2. When ready, drain the nuts and rinse in cold filtered water.
3. Transfer to a [high speed blender](#), add 4 cups of fresh filtered water and blitz until smooth.
4. Transfer to a muslin cloth or a [nut milk bag](#) and squeeze out the nut milk into a large bowl or jug. *Note: you can keep the nut pulp and add to a smoothie or keto cake batter.*
5. Transfer the milk back to the blender and blitz salt and vanilla (or

any other suggested options). If using turmeric powder, also add a pinch of black pepper (significantly improves absorption of turmeric).

6. Serve fresh or pour into an airtight glass bottle and refrigerate. With fresh nut milk, the water and nut milk may separate in the fridge, just give it a shake before serving and you're good to go. Store in a fridge in an airtight glass bottle for 2-3 days, or pour into an ice tray and freeze for up to 3 months.

Here's our infographic on how to make nut & seed milk - click on it to see the large version. Feel free to pin, share and print it!

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