

How To Make Tigernut Milk and Tigernut Flour

Hands-on 20 minutes Overall 24 hours

Nutritional values (per serving, 1/2 cup/ 120 ml): Total carbs: 3.9 g, Fiber: 0.8 g,

Net carbs: 3.1 g, Protein: 0.5 g, Fat: 2.2 g, Calories: 35 kcal,

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



Ingredients (makes about 4 cups/ 960 ml)

1 cup tigernuts (150 g/ 5.3 oz)

4 cups hot water (1 l) + more lukewarm water for soaking

Optional Flavouring (use either):

1/2 tsp [vanilla powder](#) or 1 tbsp unsweetened [vanilla extract](#)

1/2 tsp [cinnamon](#)

1-2 tbsp unsweetened [cacao powder](#)

Instructions

1. Place the tigernuts in water and let them soak for 24 hours.
2. After 24 hours, drain and place in a blender (I used my [Kenwood mixer](#) with a blender attachment). Add a small amount of water, about 1/2 cup. Blend the mixture on high for 2-3 minutes.
3. Add more water if the mixture is too dry and sticks to the sides. Then, pour in the remaining water and blend for another minute. Let it sit for 10-15 minutes.
4. Pour the mixture through a [nut milk bag](#) or a fine mesh sieve lined with cheesecloth, into a bowl. Strain the mixture through the nut milk bag. Using your hands, squeeze out as much milk as possible (be careful, the mixture can still be hot inside).
5. When done, optionally add any flavouring and pour in a container or a bottle. Refrigerate and use within 3 days. If you want to store it for longer, freeze in batches.
6. Don't waste the tigernut pulp use it to make tigernut flour. Before you store it, you will have to dehydrate the tigernut pulp.
7. Preheat the oven to 70-80 °C/ 160-175 °F. Spread the pulp over a large baking tray and place in the oven. Dehydrate for 4-6 hours or until dry. Mix a few times during the dehydration process. Otherwise, let it dry on a warm sunny spot in your kitchen and mix a few times.
8. Once it's dry (not browned), place it in a food processor and pulse until powdered (I use this [Kenwood mixer](#) with a food processor

attachment).

9. Below is a comparison of store-bought tigernut flour (left) and homemade tigernut flour/meal (right). The homemade version is not as fine as store-bought tigernut flour but has less carbs - most of it is just fibre. That's because store-bought tigernut flour is made with pure ground tigernuts while my homemade version is just the leftover from making tigernut milk.

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