

Food Babe's Homemade Organic Pistachio Milk



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	8

<https://foodbabe.com/my-new-love-homemade-pistachio-milk>

Ingredients:

- 1 cup pistachios, shelled and rinsed
- 4 cups filtered water

Instructions:

1. Place pistachio nuts and 4 cups of water, in blender and blend on high for ~ 1 minute.
2. Pour milk into a bowl using a fine mesh strainer or cheese cloth, separating the pulp from the milk.
3. Store in an airtight container in the fridge for up to 4 days.

Notes:

- Add additional flavor using one of these options: a) add 1 tsp ground cardamon seed, b) add 1 tsp vanilla extract, or c) add 1 tsp almond extract.
- Please buy all organic ingredients