NUT MILK RECIPES

# Soak and Ratio *Chart*

*Creamy plant milk, every batch*

Every nut and seed milk, in cups and grams · nutmilkrecipes.com



# Soak and ratio chart *for every milk*

Exact amounts, water and soak times for every nut and seed milk, in cups and grams. Pin it inside a kitchen cupboard and every batch turns out the way you like it.

## Pick your thickness

**Coffee creamer**
1 cup nuts + 2 to 2½ cups water
480 to 600 ml water · Coffee, tea, lattes

**Creamy milk**
1 cup nuts + 3 cups water
720 ml water · Oats, chia pudding, smoothies

**Light drinking milk**
1 cup nuts + 4 cups water
960 ml water · By the glass, cooking

## Every nut and seed

| Milk | Nuts or seeds | Water | Soak (blender) | Good to know |
|---|---|---|---|---|
| **Almond** | 1 cup (145 g) almonds | 3 cups (720 ml) | 8 to 12 hours | Skins slip off after soaking |
| **Cashew** | 1 cup (120 g) cashews | 3 cups (720 ml) | 2 to 4 hours | Longer turns them slimy |
| **Pistachio** | 1 cup (125 g) shelled pistachios | 3 to 4 cups (720 to 960 ml) | 8 hours | Brighter green, softer milk |
| **Macadamia** | 1 cup (135 g) macadamias + ½ cup (40 g) coconut flakes | 3 to 4 cups (720 to 960 ml) | Optional, up to 2 hours | Creamy straight from the bag |
| **Hazelnut** | 1 cup (135 g) hazelnuts + ½ cup (60 g) cashews | 4 cups (960 ml) | 8 to 12 hours | Soaking mellows the skins |
| **Walnut** | 1 cup (100 g) walnuts + ½ cup (40 g) coconut flakes | 3 cups (720 ml) | 4 to 8 hours | Pour off the dark soaking water |
| **Pecan** | 1½ cups (150 g) pecans + 2 tbsp pumpkin seeds | 4 cups (960 ml) | 4 to 8 hours | Rounder, sweeter flavor |
| **Coconut** | 1½ cups (120 g) unsweetened coconut flakes | 3½ cups (840 ml) | No soaking | Naturally nut-free |
| **Hemp seed** | ½ cup (75 g) hulled hemp seeds | 3 to 4 cups (720 to 960 ml) | No soaking | Nut-free, ready in minutes |
| **Sunflower seed** | 1 cup (140 g) sunflower seeds | 3 cups (720 ml) | 8 to 12 hours | Mild and affordable |
| **Pumpkin seed** | 1 cup (130 g) pumpkin seeds | 3 cups (720 ml) | 8 to 12 hours | Pale green, savory |

**Sweeten and season.** Add 1 to 3 pitted Medjool dates, a little vanilla or cinnamon, and an optional pinch of sea salt.

**Nama M1.** No soaking and no straining: everything goes in the filter basket and the spin cycle does the rest.

**Storage.** Up to 3 days in a sealed glass bottle in the fridge. Shake before pouring.



**Nama M1** discount code PLANTPOWER