



**Turnpaugh  
Health**

## **Homemade Nut Milk – Easy, Delicious, Nourishing**

Fresh homemade nut milk is simple to prepare, is cleaner than store-bought versions, and allows you to control exactly what goes into it.

### **Ingredients**

- 1/2 cup organic raw almonds
- 4 cups purified water

### **Instructions**

1. Add almonds and water to a high-speed blender (such as a Vitamix).
2. Blend on high for 5-10 minutes until the mixture looks creamy and fully broken down.
3. Strain through a nut milk bag or a clean cotton dish towel into a bowl or pitcher.
4. Store in the refrigerator in a sealed glass container for up to 3–4 days. Shake before using.

### **Optional Add-Ins**

- Vanilla extract and/or natural sweetener (stevia or monk fruit)
- For coconut milk: replace almonds with unsweetened shredded coconut
- For variety: try hazelnuts or macadamias for a richer, more gourmet flavor
- Save the leftover pulp for grain-free baking, smoothies, or energy bites

### **Why Make Your Own Nut Milk?**

- Avoids additives commonly found in store-bought versions (such as carrageenan, gums, and stabilizers), these are gastrointestinal irritants.
- Fresher, cleaner taste with no preservatives
- More cost-effective over time
- Full control over sweetness, flavor, and thickness
- Naturally contains healthy fats that support satiety and nutrient absorption

### **Why Choose Nut Milk instead of Dairy?**

- Dairy is a suitable food for some individuals, but not all
- People sensitive to lactose or casein may respond better with nut milks

### **Why Choose Nut Milk and Not Soy Milk?**

Soy milk is mistaken for health food, but...

- It's high in residues from pesticides.
- Unfermented soy contains phytoestrogens that disturb hormonal balance.
- It may also contain carrageenan or xanthan gum.
- Soybean oil is mostly omega-6 fat – it's pro-inflammatory and quickly becomes rancid (oxidized.)

## Dairy-Free Panna Cotta

Panna Cotta is an Italian-style, cream-based jello, similar to flan or custard. This is a delicious dairy-free version

### Ingredients

- 4 cups almond milk (a richer nut-to-water ratio creates a creamier result)
- 2 tablespoons grass-fed gelatin
- 1 tablespoon pure vanilla extract
- 1/2 teaspoon unflavored stevia concentrate

### Instructions

1. Pour almond milk into a saucepan and sprinkle gelatin evenly over the surface. Allow it to “bloom” on the surface of the cold almond milk.
2. Stir until the gelatin is completely dissolved.
3. Heat over medium-low heat, stirring continuously until the mixture is hot and steaming,
4. Remove from heat and stir in vanilla and sweetener.
5. Pour into ramekins, molds, or a glass dish.
6. Refrigerate overnight to gel or until fully set
7. Garnish with fresh or frozen berries.

### Variations

- Lemon: Replace vanilla with fresh lemon juice and garnish with lemon zest
- Chocolate: Add 1/4 cup cocoa powder and increase the sweetener to taste for a richer dessert

### Nut Milk Is Also Delicious As:

- A replacement for creamer in coffee or chai
- Blended with frozen fruit, monk fruit or stevia, and MCT oil for a milkshake
- Warmed with cocoa powder and monk fruit or stevia for hot cocoa  
(Add cocoa butter for a richer hot chocolate)