

Homemade Flax Seed Milk

1 cup whole flaxseeds (*make sure they are not already ground*)
3 cups *filtered* or spring water (*or boiled water that has been brought back to room temperature*)
1 tbs. agave nectar
1 tsp. pure vanilla extract
1/8 tsp. sea salt

Soak time: 8 hours

Preparation time: 8 minutes

Yields about 2 cups raw flax seed milk

1. Soak flax seeds in an air-tight, sanitized canister in the 3 cups water for 8-10 hours. (Do not need to refrigerate.) Flax seeds should expand substantially.
2. After seeds have soaked, pour everything into a blender, and blend for anywhere between 5 and 7 minutes, depending on how strong your blender is. Seeds should be completely combined with the water, so that no shells are intact. (Liquid should be creamy, not seedy.)
3. Cover the top of a large bowl with a cheese cloth, folded over twice, so that it is 4-ply. Time to get those hands dirty! (Make sure they're clean first.) Pour the blended flax seeds into the cheese cloth, and then squeeze out all of the liquid through the cheese cloth, into the bowl. This is your milk! Keep squeezing until you cannot release any more liquid. (It's like the most rewarding stress ball, ever.)
4. Mix in agave nectar, vanilla, and sea salt with a whisk. Either serve immediately or store in an AIR-TIGHT container for up to two days.*

**This is a raw milk, so it will go bad after a few days or if it has not been stored properly.*