



Homemade Rice Milk

If you're looking for a creative (and tasty) money saver, check out this awesome recipe for homemade rice milk, which costs very little with a flavor that blows away any kind of store-bought rice milk, even the pricey brands. I like to add a little vanilla and sugar for a sweeter taste, but the recipe works quite well on its own. And it's a great way to break out of the soy/almond/coconut milk grind!

Ingredients

1 cup long grain brown rice
1 pinch salt
1-2 tbsp unrefined sugar or maple syrup (optional)
2 tsp vanilla extract (optional)

Preparation Process

Add the rice and 8 cups of water to a large pot. Add a pinch of salt, bring to a boil and let simmer for 3 hours.

Pour the rice mixture into a blender until the blender is halfway full, and top it off with water until the blender is full. (Use equal amounts of water and the rice mixture) Blend until smooth

Pour the milk through a mesh strainer into a large bowl. Swirling the rice around to push all the water through the strainer.

Pour the milk into a mason jar or other sealed container. Refrigerate and serve cold.

If you want to watch the video again. Click [here](#).