

# Soy Milk

## Ingredients

- 1 cup organic soybeans
- 4 cups water
- 1 tsp. vanilla extract (optional)
- Natural sweetener to taste
- A pinch of sea salt

## Instructions

1. Soak the soybeans overnight.
2. The next day, drain, rinse and then boil the beans for 7 minutes.
3. Blend the soybeans with the 3 cups of water.
4. Strain the mixture through a cheesecloth or nut milk bag.
5. Pour the milk into a pot and boil for 7-10 minutes.
6. Wait until it cools, then add the salt, vanilla, and natural sweetener of choice.
7. Store the milk in a container (preferably glass) in the fridge.

**Tip:** Use the milk for breakfast with cereal, cookies or smoothies, among other things. If you need the milk to make other recipes such as cheese, dips, etc. do not add the sweetener or vanilla.