

# Hazelnut Milk

Yield: 4 cups

1 cup hazel nuts, soaked in water overnight or for at least 8 hours  
4 cups water

- Drain and rinse soaking hazelnuts
- Put into a high speed blender with 3 cups fresh filtered water
- Blend for 3 minutes
- Strain through a [nut milk bag](#) or cheesecloth
- Store in a sealed glass jar the refrigerator for up to 5 days