HOW TO MAKE YOUR OWN PLANT MILK AT HOME

Making your own non-UPF plant milk at home is incredibly simple, takes less than 10 minutes, and requires zero industrial additives.

Because you aren't using factory texturisers, the secret to the best home-brew is choosing the right method for the right ingredient. Here are the two easiest recipes for home-made plant milk.

Method 1: No-Strain Oat Milk (Easiest & Fastest)

The biggest mistake people make with homemade oat milk is blending it for too long, or using hot water, which activates the starches and makes it 'slimy'.

Following this method guarantees a clean, smooth milk.

- **Ingredients:** 1 cup **rolled oats** (not instant oats) + 4 cups **ice-cold water** + a tiny pinch of **sea salt**.
- **Equipment:** High-speed blender. You don't need a straining cloth if you use a powerful blender, though you can pass it through a fine mesh sieve if you like it ultra-smooth.

Step-by-Step:

1. Add the oats, ice-cold water, and salt straight into your blender.
2. Blend on high for exactly 20 to 30 seconds. Do not over-blend, or the friction heat will give the milk a gummy consistency.
3. Pour straight into a glass jar.

Method 2: Creamy Almond or Soy Milk (Rich & Smooth)

Nuts and legumes contain a higher natural fat content than oats, making a rich milk that mimics the mouthfeel of dairy.

- **Ingredients:** 1 cup **raw almonds** (or dried yellow soybeans) + 4 cups **filtered water** + a tiny pinch of **sea salt**.
- **Equipment:** Blender + a nut milk bag or a clean, thin tea towel/cheesecloth.

Step-by-Step:

1. Soak: Place your nuts or soybeans in a bowl, cover with water, and let them soak overnight for 8–12 hours. This softens them and activates enzymes for easier digestion.
2. If using soybeans, you need to drain them, blend with fresh water, and then boil the strained liquid for 20 minutes to cook the raw soy before drinking.

NOTE: Submerging nuts, grains, or beans in water for 8 to 24 hours before cooking degrades phytate. This is why homemade almond or soy milk recipes require overnight soaking. It significantly improves mineral availability.

3. Blend: Drain and rinse your soaked ingredients. Toss them into the blender with 4 cups of fresh filtered water and salt. Blend on high for 1 to 2 minutes until completely smooth and milky.

4. Strain: Place your nut milk bag or tea towel over a large bowl. Pour the liquid in, gather the edges of the cloth, and squeeze firmly with your hands to wring out every last drop of milk.

5. Save the pulp: Don't throw away the leftover almond meal! Spread it on a baking tray, dry it in a low temperature oven, and you have homemade almond flour for baking.

💡 3 Golden Rules for Homemade Plant Milk

Because these milks lack the chemical stabilisers used in commercial Ultra-Processed Foods (UPFs), keep these quick tips in mind:

- **Shake before use:** Your homemade milk will separate in the fridge. This is completely normal and a sign that it is free from industrial emulsifiers like gellan gum. Just give the jar a vigorous shake before pouring.
- **Short shelf life:** Without preservatives, fresh homemade milk only lasts for **3 to 4 days** in a sealed glass jar in the coldest part of your fridge.
- **An extra step if you want to use your plant milk in coffee:** Because pure plant milks do not contain industrial acidity regulators (like dipotassium phosphate), they may split or curdle if poured directly into a blistering hot, highly acidic black coffee. To prevent this, warm your plant milk slightly and add it to your mug *before* pouring the coffee in gently.

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A Note about Phytic Acid

Phytic acid (also known as phytate) is a naturally occurring storage form of phosphorus found exclusively in plant foods. It is concentrated in the seeds, outer skins, hulls, and bran layers of plants, as it serves as the energy reserve the plant needs to sprout.

The foods highest in phytic acid are grouped below by category:

1. Seeds and Grains

Grains retain the highest concentration of phytic acid in their outer bran layers.

- **Whole Grains:** Brown rice, wild rice, whole wheat, barley, rye, and millets.
- **Pseudocereals:** Quinoa, buckwheat, and amaranth.
- **Oats:** Standard rolled oats and steel-cut oats are notoriously high in phytic acid.
- **Culinary Seeds:** Sesame seeds, pumpkin seeds, sunflower seeds, chia seeds, and flaxseeds.

2. Legumes and Pulses

Legumes are among the most concentrated sources of phytic acid in the human diet.

- **Beans:** Black beans, kidney beans, pinto beans, navy beans, and cannellini beans.
- **Lentils & Peas:** Red, green, and brown lentils, split peas, and chickpeas (garbanzo beans).
- **Soybeans:** Whole soybeans, edamame, and unfermented soy products like tofu and soy milk.

3. Tree Nuts and Peanuts

Virtually all nuts contain phytic acid within their dense oil-and-protein matrices.

- **High-Phytate Nuts:** Almonds, walnuts, brazil nuts, hazelnuts, pecans, and cashews.
- **Peanuts:** Though botanically a legume, peanuts contain levels of phytic acid comparable to tree nuts

Why Phytic Acid Matters: The 'Anti-Nutrient' Effect

In the context of nutrition and metabolic health, phytic acid is often referred to as an **anti-nutrient**.

1. **Mineral Binding:** Phytic acid acts like a magnet in your digestive tract. It binds tightly to essential minerals — specifically **iron, zinc, calcium, and magnesium** — forming insoluble precipitates. This prevents your small intestine from absorbing these critical micronutrients.
2. **The Paradox:** This creates a unique nutritional paradox. While raw whole grains or un-soaked almonds technically contain high amounts of iron and zinc on paper, their high phytic acid content means your body can only absorb a fraction of those minerals.

How to Neutralise Phytic Acid at Home

You do not need to avoid these incredibly healthy whole foods to avoid phytic acid. Because phytic acid is an enzyme inhibitor, you can easily activate the plant's natural enzymes (phytase) to break the acid down before you eat it using traditional kitchen preparation methods:

- **Soaking:** Submerging nuts, grains, or beans in water for 8 to 24 hours before cooking degrades phytate. This is why the homemade almond or soy milk recipe requires an overnight soak — it significantly improves mineral availability.
- **Sprouting (Germination):** Allowing seeds or grains to sprout tricks the seed into thinking it is time to grow, causing it to naturally dissolve its own phytic acid reserves to release nutrients.
- **Fermentation:** The natural acids produced during wild fermentation (such as making sourdough bread or fermenting soy into tempeh or miso) greatly reduce phytic acid, making the underlying minerals bioavailable.