

## Homemade Soymilk (Vegan, Gluten-Free, Nut-Free)

### Ingredients:

- 1 cup Dried Soybeans
- Water
- ½ cup Sugar or Sweetener (optional)
- 1 ½ teaspoon Vanilla or Almond Extract (optional)

Directions: Soak the dried soybeans in 5 cups of water for 12-14 hours. Heat 5 cups of water in a large saucepan over medium heat. Drain the beans. Add one cup of the beans and 1½ cups of luke-warm water to a blender, and blend on high for 1 minute. Immediately transfer the soybean blend to your heated water in the saucepan. Repeat this process with the remaining soybeans, 1 cup at a time. As soon as you have added all of the beans to the saucepan, bring it slowly to a boil, stirring constantly. Reduce heat and simmer, stirring constantly, for 15 minutes. Be careful not to scorch the milk while cooking. Remove from heat. Strain the milk through a cheesecloth or tea towel. Press any remaining milk through with a large spoon. You may pour another 1/2 cup of water through, in order to get it all. Your soy milk is now complete, and can be sweetened and flavored if it is intended for drinking purposes.