

Rice Milk

Rice Milk is made from brown rice, filtered water, and a small amount of brown rice sweetener.

Taste: For many, Rice Milk has that "true milk flavor". It is one of the lightest, sweetest, and most refreshing of the dairy substitutes.

Uses: With its natural sweetness, Rice Milk is perfect in desserts and baked goods. Its delicate texture also works well in curries as well as lighter cream soups and sauces. Rice Milk is best avoided in the broader savory foods arena.

To Purchase: Rice Milk is exploding on the grocery store shelves like soy milk was two years ago. Look for it in aseptic packages in the natural foods section of most major grocers. Check out our Product Lists for a who's who of the trend setters in Rice Milk. Most brands come in Original and Vanilla, but for the more adventurous (and craving-driven) consumer, Rice Dream has added Carob and Chocolate varieties to the mix.

Storage Tips: Rice milk will keep for 7 to 10 days; refrigerate after opening.

Making Your Own: Rice Milk is cheap, quick to make, and offers the ability to experiment with flavors quite easily. Before you move onto the recipes, we have put together a few tips:

- Mix it up a little! You can make Rice Milk from many varieties of long and short grain rice, including brown, white, wild, and sweet, as well as combinations such as brown-wild, or sweet-brown.
- When preparing Rice Milk, be sure to use fresh rice that is still hot in addition to hot water. The results will be far superior.
- For a smoother milk, re-cook the rice with part of the water until it's very soft. This can also be an excellent solution for re-using cold or day-old rice.
- Feel free to flavor or add nutrients to your Rice Milk prior to blending. Some suggestions include a bit of salt, sweetener (honey, evaporated cane juice, and maple syrup are options with nutrients), chocolate / cocoa powder, cinnamon, almond extract, flax or sesame seeds, and powdered calcium.
- For additional flavor and nutrients, substitute almonds or other nuts for half of the rice. Special Note: Some brands are gluten-free. If it is not specifically noted on the packaging, check with the manufacturer to see if the brown rice syrup has been converted with barley, or instead with a gluten-free natural enzyme.

Recipes:

- Quick & Cheap Rice Milk
- Creamy Rice Milk