

Potato Milk

Yes, potato milk is the new kid on the block! It is pretty much potato, water, and a bit of sweetener from what we can tell.

Taste: The verdict is still out. It doesn't seem too far off from the "hearty" Soy Milk varieties.

Uses: I have tried it in smoothies, cereal, and general baking with positive results. Potatoes have long been used as "cream" for hearty soups, so it is expected that Potato Milk will be suitable for savory dishes as well. More kitchen "research" will help us to discover Potato Milk's level of versatility.

To Purchase: Some may say that potato milk is still in the conceptual phase. Our Product List uncovered two off-shoots: Vance's DariFree Potato Milk Powder in both chocolate and original, and Tayo's Non-Dairy Beverage made up of a Potato-Soy blend in Original, Vanilla, and Chocolate varieties. DariFree is easiest to find online, while Tayo is just busting onto the scenes in the refrigerated section of major natural food retailers, and some major grocers, mostly in Canada. Since it is still in the newbie phase, you may want to try making your own with our recipe below.

Storage Tips: Potato Milk will keep for 7 to 10 days; refrigerate after opening.

Making Your Own: Since Potato Milk is so new on the scene, trying out your own at home is an excellent, and inexpensive, option.

Recipes:

- Potato Milk