

Chick Pea Milk

Ingredients

2 cups chick peas, cooked, washed & drained*
1 cup brown basmati rice, cooked, washed & drained**
2 cups water

Guidance toward Creation

Please place chick peas, basmati rice & water together in a blender & blend / liquefy for several minutes. Then please place newly blended chick pea milk into a container & chill such over night.

** To create from raw chick peas, I, personally, prefer to place raw chick peas in a pot with 4 times as much water, boil such for 10-15 minutes, then let such soak for ½ a day or so. I then pour these soaked chick peas into a colander, drain & wash such. I then place such again into a pot with fresh water & boil for another 15-20 minutes.*

*** Rice does not absolutely have to be basmati, such is merely my personal preference. Likewise chick peas may be replaced with mung beans, so as to create mung milk; lentils so as to create lentil milk; etc.*