



*the*  
**VEGAN RESET**

**WEEK TWO: PRACTICAL  
DAY THIRTEEN:  
MYLK & NICECREAM**



# *plant-based mylk & Nicecream*

Making your own plant-based mylk and/or “nice”cream can be a quick and easy process!

Simply choose the nut or seed that you’d like to create your mylk with. Some of the more popular options are almonds and cashews. After choosing your nut, you’ll want to start the soaking process. If you’re using almonds, soak them overnight in cold water. If you choose cashews or brazil nuts, you’ll only need to let these soak for 2 or 3 hours. As a tip, if you don’t have time to soak the nuts you can simply boil them for 10-15 minutes to get a similar effect!

After the nuts have softened, place them in a blender with the appropriate amount of water for the type of mylk you are creating. For example, if you’re making a plant-based creamer, use a 1:1 ratio of nuts and water and a 1:2 or 1:3 ratio of nuts to water for mylk depending on your preferred thickness.

After blending the soaked nuts with the water, you’ll want to strain the liquid. This step is a necessity for most plant-based mylks, however you may skip this step if using pistachios, cashews or macadamia nuts.

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Now that you have the base for your very own homemade plant-based mylk, you can try to “spice it up” by adding dates for sweetness, vanilla, cinnamon, nutmeg, cardamom, irish sea moss (for thickness and nutritious property) or cacao powder for that chocolaty touch ;)

Bonus: If you take 1 banana and 32 oz. of water, Blend to make “Banana Mylk”!

Now for the fun part! Nicecream!

When preparing your nicecream, you’ll want to use either frozen bananas or coconut milk frozen in an ice cube tray as your base. If you’re using bananas, they should be peeled and cut into  $\frac{1}{3}$ 's or  $\frac{1}{4}$ 's before freezing to allow for easy blending. If you’d like a very thick nicecream, blend the base as is. If you’d like a thinner consistency, add a liquid of your choice to the blender until it reaches your desired consistency.

Now that you have your nicecream base, you can flavor it as you please! A few common additions are frozen cherries, cinnamon, nutmeg, strawberries, pineapple, mango, blueberries or cacao.