



Hazelnut Dairy Free Coffee Creamer

Makes about 2 cups of 'cream'.

FLAVOR VARIATIONS: I discovered that I really love a bit of maple syrup for sweet and a bit of hazelnut extract for a hint of nutty fragrance. That's how I wrote the simple recipe below. You can omit them or switch up your sweetener (for example honey or dates) or use a different favorite extract.

SOAKING THE NUTS: Per recipe directions below, the nuts should be soaked in water with a sprinkle of salt overnight (or 3-4 hours min). First of all, this step breaks down the nuts' enzyme inhibitors making them easier to digest and absorb. Secondly, the soaked nuts are much softer and easier to blend smooth in the blender. Nerd out further about soaking nuts, seeds & grains [here](#).

SPECIAL EQUIPMENT: Nut milk bag for straining the milk. I have been using [this one](#) for a couple of years. Alternatively, you can triple-up a large piece of cheesecloth. In a pinch, I've also read that a thin (clean) cotton t-shirt work too.

MAKE AHEAD: The 'cream' can be made and stored refrigerated in a sealed container for a week.

INGREDIENTS

1 C raw almonds, soaked overnight or 3-4 hours (see instructions below)

2 tbsp pure maple syrup, more or less to taste

1/2 tsp pure vanilla extract

1/2 tsp hazelnut extract, more or less to taste

Water



METHOD

1. Soak the nuts overnight or minimum 3-4 hours: place the almonds in a container large enough to hold them plus add approximately double the volume (~2C) of water and a pinch of salt. I use distilled water because I have that for my espresso machine but cold tap water is fine too. Give it a stir just to dissolve the salt. Soak overnight or minimum 3-4 hours at room temperature.
2. Drain nuts and thoroughly rinse them under cold running water.
3. Place rinsed nuts in a high power blender (I use a Vitamix), add 2 cups of fresh cold water, the pure maple syrup and hazelnut extract. Blend for about 2 minutes, beginning on lower setting and quickly moving up to medium-high. Or if using a Vitamix, use the smoothie setting (the one that looks like a single water droplet) *twice* i.e. turn it on a second time after it stops automatically the first time.
4. Taste and add more maple syrup and/or hazelnut extract if you like. Pulse to mix well.
5. Strain the nut cream through a nutmilk bag (or tripled-up cheesecloth or clean thin cotton t-shirt). Squeeze it all out into a wide-mouthed container with a pouring spout like the 4L glass Pyrex I use, pictured. I find this helps to catch all the liquid much more effectively with less spillage. Squeezed to extract all the liquid and discard the pulp in compost bin. (Feel free to google ways to use up the pulp. I gave up on this after spending much time drying the pulp out in the oven once, only to later read that most of the nutritional value has been depleted at the end of the process). Transfer the cream into an appropriately-sized vessel, preferably one with a pouring spout. Store, covered tightly, in the fridge until ready to use. Nut cream can be stored in a like that for up to a week.
6. Pour desired amount into coffee and enjoy. I thoroughly do!

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