

Herbal Legacy Recipes

Milk (Rice)

Ingredients:

- *4 cups hot/warm water
- *1 cup cooked rice (I've used white or brown)
- *1 tsp vanilla

Directions:

Place all ingredients in a blender until smooth. Let the milk set for about 30 minutes, then without shaking, pour the milk into another container (I use an old honey jar) leaving most of the sediment in the first container. This makes about 4 - 4 1/2 cups.

Notes:

When I used cold water and rice, taken straight out of the refrigerator, the milk didn't turn out very well. I don't know why, but it's best to use warm water and warm rice. You can heat it, if you are using leftovers, but freshly made is best. I have even let it set longer than 30 minutes (overnight) without it making a difference.