

Macadamia milk recipe

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Macadamia milk recipe

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Macadamias are packed with vitamins, minerals and antioxidants. Just a handful of macadamias a day (about 15 nuts) will provide essential nutrients such as thiamine, manganese, magnesium, iron and copper.

Ingredients (makes 1.5 litres)

- 1 cup unsalted [macadamias](#)
- 1 tsp vanilla extract
- 1 medjool [date](#), pitted
- 4 cups water

Method

Blend the macadamias, vanilla, date and water in a high performance blender at medium to high speed until creamy white.

Pour into a clean, sterilised glass bottle.

Store for about four days in the fridge.

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Recipe and images from [Australian Macadamias](#)

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