



SOY MILK

Preparation time: 25 min. / Soaking time: 8 hrs. / Total time: 8 hrs. 25 min.

- 100 g soybeans (dry)
- water for soaking

- 1 liter water

- 2 Medjool dates (or 4 smaller
- dates), pitted

- 2 pinches of salt

Soak the soybeans in plenty of water for at least 8 hours (ideally overnight). Drain and rinse the soybeans, then put them in a blender with the water (1 liter), dates, and salt. Blend until smooth. Line a sieve with a clean cheesecloth and pour the blended mixture through the sieve and into a saucepan. Squeeze out the cheesecloth thoroughly. Bring the soy milk to a boil while stirring, then reduce the heat and simmer for about 15 min., stirring occasionally. Let the soy milk cool and pour into a bottle.

Tip: The soybean pulp remaining in the sieve can be used for vegan nuggets or as a substitute for ground meat. The pulp must be heated.