**rice milk** <https://simpleveganblog.com/homemade-rice-milk/>

* **prep time:** 5 mins
* **total time:** 5 mins
* **yield:** 2 1/2 cups

You only need rice, water and your favorite sweetener to make this delicious rice milk. It’s ready in 5 minutes!



**ingredients**

* 1/2 cup cooked rice (100 g), I used brown rice
* 2 cups water (500 ml)
* 2 Medjool or 4 Deglet Nour dates (optional)

**instructions**

1. Cook rice according to package directions. Drain and let it cool down. You can also use leftover rice.
2. Add all the ingredients to a blender (cooked rice, water and dates) and blend until smooth.
3. Strain the mixture using a nut milk bag, cheesecloth, napkin or a strainer. This step is optional.
4. Use immediately or keep leftovers in an airtight container in the fridge for 3-5 days.

**Dairy Alternative: Homemade Rice Milk**

<https://dontwastethecrumbs.com/dairy-alternative-homemade-rice-milk-2/print/82652/>

*Homemade rice milk costs just 6¢ to make! Compared to store-bought, you’re saving 99%!! My favorite variation is cinnamon vanilla – it’s so good!*

ingredients

* 1 cup cooked [rice](http://www.amazon.com/gp/product/B0057651XS/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B0057651XS&linkCode=as2&tag=dontwasthecru-20)
* 4 cups filtered water

instructions

1. Measure the rice into a blender and add 4 cups of filtered water. Blend until smooth, approximately 1 minute. You may want to blend again for ultra-smooth consistency. Store in the refrigerator and enjoy cold; shake before using.

notes

For two cups: 1/2 cup rice, 2 cups water  
For one cup: 1/4 cup rice, 1 cup water

**RICE MILK** <https://minimalistbaker.com/make-rice-milk/>

A quick and easy 2-ingredient way to make homemade rice milk! Naturally creamy and sweet, and perfect for smoothies, granola, and more!

**PREP TIME**2 hours 15 minutes

**TOTAL TIME**2 hours 15 minutes

***Servings:*** *8* (1/2-cup servings)

***Freezer Friendly****1 month*

***Does it keep?****5 Days*

Ingredients

* 3/4 cup uncooked long grain white rice\*
* 4 cups water (use less water for thicker, creamier milk!)
* 1 pinch salt
* 1 whole date, pitted (*optional* for sweetness or 1 Tbsp maple syrup)
* 1/2 tsp vanilla extract (*optional*)
* 2 Tbsp cocoa or cacao powder for "chocolate milk" (*optional*)
* 1/4 cup fresh berries for "berry milk" (*optional*)

Instructions

1. Soak rice in 2 cups (amount as original recipe is written // adjust if altering batch size) very hot (not boiling water) for 2 hours. The rice should be soft but still very raw - you should be able to snap a piece in half with your fingernail without much effort. Drain and add to a [high-speed blender](https://aax-us-east.amazon-adsystem.com/x/c/Qghzz67vnLtL1zabK5okN4sAAAFeTpDL_AEAAAFKAf28E00/http:/www.amazon.com/dp/B000GIGZXM/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=gFwGRXQvhd7fUYlhrNKZVg&slotNum=4&tag=minimalistbaker-20).
2. Add water, salt, and any additional add-ins (optional). Top with lid and cover with a towel to ensure it doesn't splash. Blend for about 1 minute until the date specks are very small and the mixture seems well combined. It doesn't have to be 100% pulverized.
3. Scoop out a small sample with a spoon to test sweetness. If it's not sweet enough, add more dates.
4. Pour the mixture over a large mixing bowl or pitcher covered with a thin towel or clean T-shirt. In my experience, it benefits from a double strain through a very fine towel. A nut milk bag lets too much residue through.
5. Transfer to a sealed container and refrigerate. Will keep in the refrigerator up to 5 days (sometimes more). Great for use in things like [smoothies](https://minimalistbaker.com/super-green-spirulina-smoothie-5-ingredients/), [granola](https://minimalistbaker.com/sea-salt-dark-chocolate-granola/), [vegan cheese sauces](https://minimalistbaker.com/30-minute-vegan-alfredo-vegan-gf/), and [baked goods](https://minimalistbaker.com/1-bowl-chocolate-chocolate-chip-muffins-gf/)!

Notes

\*You can use brown rice, but I prefer the taste of white rice milk.  
Nutritional information is a rough estimate calculated with no additional add-ins and the leftover rice pulp nutrition subtracted from the total.

Nutrition Per Serving (1 of 8 half-cup servings)

* **Calories:** 34 **Fat:** 0.1g
* **Sodium:** 4mg **Carbohydrates:** 7.5g
* **Fiber:** 0.1g **Protein:** 0.7g