

MAKING VEGAN MILK YOURSELF

Through scientific research it is becoming increasingly clear that cow's milk is superfluous for humans. Cow's milk can even cause all kinds of diseases. One of the reasons for this is that we do not drink pure cow's milk today, but rather an industrial deformed product based on cow's milk. A cow is seen by the farmer as a milking machine and not as an animal. That is why more and more people are buying an alternative milk product. The question, however, is whether that is necessary. Vegan milk is easy to make yourself.

Why is cow's milk no longer healthy?

Milk in this case means cow's milk and no goat milk or camel milk. The most healthy product of cow's milk is raw milk, but that can only be sold to a limited extent in the western world. Some people wonder whether the partial ban on raw milk is not a disguised sponsorship of the milk industry. Why refined cow's milk from the dairy industry no longer healthy? A Swedish study from 2014 concluded that people who drink a lot of refined milk have a higher risk of bone fractures and die earlier. In this study more than 100,000 subjects were followed for either 20 years or 30 years. Cow's milk contains too little fat. The vitamin-rich milk cream is scooped away before packaging. In milk, fat contains the most important vitamins and minerals.

Cow's milk, the white danger

Cow's milk contains too much calcium. Too much calcium is recognized by the body as a danger. The body responds by pushing calcium out of the body. According to some researchers, calcium is extracted from the bones in order to drain excess calcium. Other researchers see that the mineral density of the bones remains stable, but that people who drink a lot of milk products have slightly more bone fractures. That is why milk drinkers in general have a higher risk of developing bone fractures. It is a myth that milk is good for the bones. In a country such as the Netherlands, there are relatively many more fractures than in a country where hardly any milk is consumed, such as China. That is because the Dutch drink too much milk. Cows do not normally eat the grass that farmers now serve. They eat all kinds of herbs, plants and grasses. Clover, grass, dandelions and much more; cows eat what they like when they get the chance. Currently they only get one type of grass. This ensures that cow's milk barely contains vitamins and minerals. Cows have a monotonous menu and are therefore sick more quickly. To keep them up and alive, they need a lot of medication. The residues of these medicines end up in the milk and in meat. The milking machines cause wounds to the udders. As a result, wound fluid and pus also end up in the milk. Have a nice drink? Yuk! No, better keep this synthetic medicine polluted, slimy pus on the shelves of the supermarket, the main supplier of industrial fillings



Why do we drink milk replacements?

Cow's milk is superfluous in terms of nutrients. The taste has deteriorated enormously over the past 100 years. Many people do not know how milk should taste. We seem already satisfied with a watery industrial variety of cow's milk, served in a plastic coated carton package. People like to drink a kind of milk. That has nothing to do with a natural need; it is rather a cultural phenomenon. Man is accustomed to milk and when he stops drinking cow's milk he starts looking for an alternative. There are a number of reasons to drink a milk substitute.

- There are people with food intolerance related to milk consumption.
- There are people, especially children, with a cow's milk allergy.
- Milk in general is no longer healthy today, because of the industrial pasteurization process which destroys most vitamins, minerals and other medicinal substances.
- Milk from grains, cereal substitutes and legumes give other nutritional value than cow's milk; that is good for variation in the intake of nutrients.

Academic reason not to drink milk

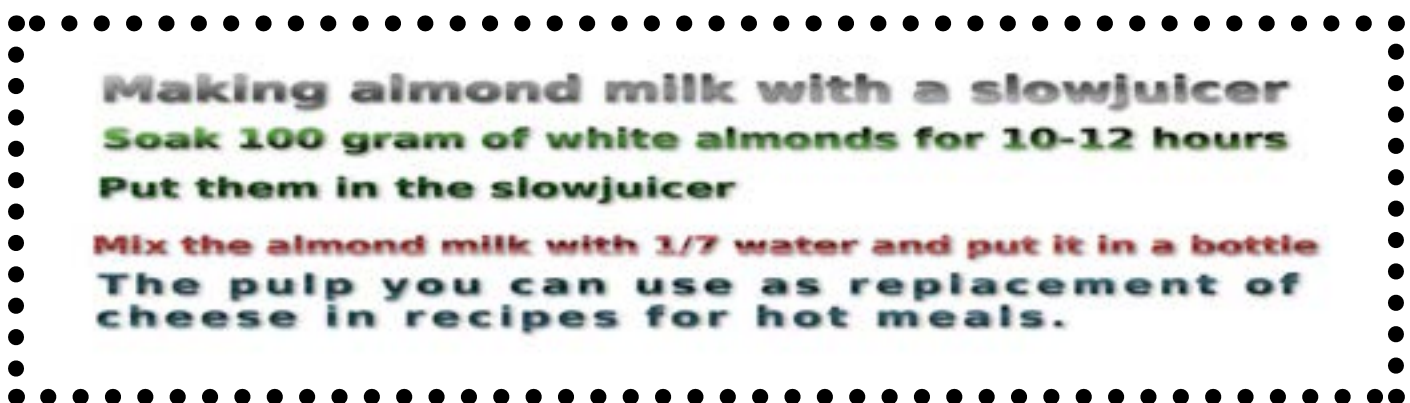
A website from the Harvard University states that there are more reasons to stop drinking cow's milk. According to the Harvard researchers, milk drinkers suffer a higher risk of the diseases cervical cancer and prostate cancer.

Rice milk

Rice milk is easy to make yourself by cooking brown rice in an extra large amount of water. When the rice is done you can let the pan cool down. Then you can sift the milk. The rice can also be used in meals. The milk can be stored in the refrigerator for three days. Is rice milk healthy? Rice milk has advantages and disadvantages. In some cases it is nutritious and other cases dangerous. For example: most rice on the market is contaminated with mercury. So, rice milk is not the best available option.

Almond milk

Almond milk is one of the most expensive vegan milks. Yet the preparation process is relatively simple and has the advantage that you simultaneously make a kind of butter or cheese. The almonds soaked for 12 hours are mixed in a blender with a generous amount of water. It takes about five minutes blender to ensure that all the almonds are ground into tiny pieces. With a cheesecloth you can then sift the milk of the creamy substance. In vegan recipes, this almond butter, also called almond cheese, is used, for example, as a cheese substitute for pizzas. You put the soaked almonds in the slow juicer and carefully add small amounts of water to it. Use water at your own discretion; you can make the almond milk thicker or thinner. You can keep this milk in the refrigerator for three days.



Making almond milk with a slowjuicer
Soak 100 gram of white almonds for 10-12 hours
Put them in the slowjuicer
Mix the almond milk with 1/7 water and put it in a bottle
The pulp you can use as replacement of cheese in recipes for hot meals.

Oat milk

Oatmeal is made from whole oat grains, not oatmeal. In the first instance you have to germinate the oat grains. The water that is used to germinate is always discarded. The germination, or the beginning of the germination process, takes about 24 hours. In this time you refresh the water three times. Then you can boil the oat grains with water. Then you let the whole cool down. If it is at room temperature, you can blend it. After sieving with a cheesecloth you transfer it into milk. The residue of oat grains is excellent for a daily oatmeal breakfast, or as smoothie addition.

Oatmeal milk

Oatmeal milk is a bit simpler to make than oat milk. You only need to cook the oatmeal in a generous amount of water. Then you sieve the white oatmeal water from the oatmeal. You use the oatmeal as breakfast and the oatmeal milk can be used as a milk substitute.

Chickpea milk

Chickpea milk is made from the boiling water of chickpeas. It takes a long time before the chickpeas are completely soft. If you have a hand blender, it is useful to use it after 15 to 20 minutes to make a large knit of water and chickpeas. Then you cook it for five minutes. This causes the parts of the chickpeas that have not been cooked through to be cooked. Then you can let it cool down completely. When it is cool you can grind the whole with a blender. After sieving, a chickpea milk and a chickpea puree are created. The puree can be used for a variety of purposes. It is used to bake bread, you can use it if it has the right substance to make vegetarian benders. With a random type of flour you can prepare the substance so that you can turn small balls that you can crush into a hamburger shape.

Pea milk and lentil milk

In fact, you can make milk from all legumes, but chickpeas and common peas are most commonly used for this purpose. The preparation of pea milk is similar to that of chickpeas, except that the cooking times are much shorter. The same applies to lentil milk.

Coconut cream milk

You can buy coconut cream in tropical stores. This is a thick creamy liquid, and you simply add water to turn it into a milk. There is tropical cream available as a powder, so you add water yourself. This gives you an instant milk, and its easy to make. When there is no coconut cream available, you can make it yourself by pulverizing dried coconut flesh and add it with water.



Applications vegan milk

- You can use the milk to replace cream in a cream soup such as asparagus soup or mushroom cream soup.
- The milk can be used as a replacement for coffee milk. The coffee milk based on a vegetable product can be made extra delicious with vanilla and cinnamon. These are also sweetening herbs.
- Vegan milk is delicious as a basis for chocolate milk. Use cocoa powder with almond milk as a base. The cocoa powder with almond milk can first be mixed in a cup by stirring well. You add the hot-fried vegan milk. As a sweetener you can use panela, stevia, cinnamon, vanilla, honey or a combination of these products.
- The vegan milk you can drink pure and cold, but that is often only done with almond milk because it tastes the most delicious. Almond milk is creamy and in terms of structure it most closely resembles old-fashioned cow's milk.
- Season vegan milk with a cinnamon stick. Put the stick in a cup and use this it to stir.

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[Celery](#)

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[Cucumber](#)

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S

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