



PLASTIC FREE JULY

Will you accept the challenge?

Homemade Rice Milk

Donna's Rice Milk Recipe

¼ cup brown rice
2L water
Oil&salt to taste

Boil ¼ cup brown rice in 2L water for an hour. Puree the mixture in a blender. Strain the mixture through muslin and collect the liquid – this is the rice milk. Add oil and salt to taste (optional), maybe also a little maple syrup. Cool and store in the fridge.

Variations: For a thicker result, 1 teas rice flour can be added at the start. Also the ratio of rice to water can be varied to give a thicker or thinner result.

[Find more recipes to help you on your plastic free journey here.](#)