



# Rice milk

15'

Hands on

2 hours'

Hands off

6

Portion(s)

1

Difficulty



## Ingredients

- 1100 g water (400 g warm + 700 g at room temperature)
- 150 g rice, long grained
- pinch of salt

To serve

- 200 g peaches

## Διατροφικός πίνακας

Nutrition information per 100 gr.

41 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	9.0 Total Carbs (g)
2%	0%	0%	3%
0.0 Sugars (g)	0.9 Protein (g)	0.0 Fibre (g)	0.04 Sodium (g)
0%	0%	0%	1%

## Method

- In a large  **bowl** , add 400 g of hot water (not boiled) and the rice. Cover with lid or plastic wrap and allow to soak for 2 hours at room temperature.
- After two hours, the rice should be so soft that you can cut it in half when you press it between your fingers.
- Drain the rice and transfer to a blender.
- Add 700 g of water and salt. Beat for 2-3 minutes until incorporated.
- Place a strainer over a bowl and line the strained with a cheese cloth.
- Carefully pour in the milk into it and let it drain.
- Wring the cheese cloth to remove all of the liquid from the rice kernels.
- Serve in glasses.

To serve

- In a blender, add the milk and 200 g of peaches (pitted). Beat until incorporated.
- Serve in glasses.

## Tip