

Spanish Horchata

Time: Under 10 mins + Overnight

Servings: Four cups

Level: Easy

Ingredients:

- o 1 cup Tiger Nuts (soaked for 24 hours)
- o 4 cups filtered Water
- o Pinch of Cinnamon powder
- o ½ teaspoon Vanilla extract (Optional, more if desired!)
- o 1 Tablespoon Maple Syrup (Optional!)

Directions:

- 1) Soak the Tiger Nuts overnight. (Try for 24 hours.)
- 2) Drain the tiger nuts and throw away the soaking liquid.
- 3) In a high-speed blender, place the tiger nuts and 4 cups of filtered water. Blend for about 3-5 minutes or until the tiger nuts are well blended.
- 4) Over a large bowl, pour the contents from the blender into a cheesecloth and wring out. (Don't toss the tiger nuts remains because you can use it in other baking recipes.)
- 5) Stir in vanilla extract and maple syrup, but both are optional. Tiger nuts are naturally a little sweet.
- 6) Chill the Tiger Nut milk for a few hours until cold. Sprinkle with cinnamon and enjoy!

Fun tips and Information

- ❖ Tiger nuts are tubers from Southern Europe and Africa. They are sometimes called earth almonds. They are gluten-free, have a slightly nutty and sweet flavor to them.