



Cold Pistachio Milk with Cardamom and Rosewater

A gluten free, dairy free beverage

Preparation Time: 10 minutes + 6 hours soaking | Yields 6 cups

Searching for a delicious, highly nutritious and satisfying drink? Chilled pistachio milk with cardamom and rosewater is a Ziba favorite. Home-made pistachio milk is simple to prepare, and the addition of cardamom and rosewater elevates it. We love to enjoy this pistachio milk as is, added to cereals, or warmed with tea or an espresso.

Ingredients

- 1 cup raw Ziba wild grown pistachios
- 4 cups filtered water for soaking
- 4-5 cups* filtered water for making the pistachio milk
- 6 cardamom pods
- 2 tablespoons rosewater
- 3-4 tablespoons pure maple syrup or three dried pitted dates (optional if you want sweetness)

Equipment

large bowl or pitcher
high-speed blender or food processor
cheesecloth or muslin
funnel
1 quart glass bottle, preferably sterilized

Instructions

1. Soak 1 cup of Ziba pistachios for at least 6 hours** in 4 cups of filtered water, or enough water to fully cover the pistachios.
2. Drain the soaking water and rinse the pistachios under running water. Remove and discard any loose pistachio skins.
3. Place the drained pistachios and the cardamom pods in a blender with one cup of filtered water. If you choose to include pitted dates for sweetness, add them now. Process on low speed for 3 minutes.
4. Add one cup of water and process on medium speed for another 3 minutes.
5. Slowly add the remaining water, the rosewater (and the optional maple syrup, if using) while continuing to blend for another 2-3 minutes until finely pureed.
6. Pour the contents slowly through the cheesecloth over a large bowl or pitcher, dividing it into 2 or 3 batches depending on the size of your cheese cloth. Gently squeeze the cheesecloth with your hands to push the excess liquid out from the pistachio meal. Discard the pistachio meal or use it for cakes or granola. The milk should be creamy and smooth.
7. Using a funnel, slowly pour the milk into your glass bottle. You might have more than will fit into the bottle. If so, enjoy a drink now and you will still have a full bottle in the fridge.
8. Refrigerate the pistachio milk. It will keep in the refrigerator for up to three days.

*Depending upon how thick you like your pistachio milk, you can increase or decrease the amount of water in this recipe. A ratio of 1 cup of Ziba pistachios (pre-soak) to 3 or 4 cups water will give you a much creamier milk, whereas a ratio of 1:6 will give you a lighter milk. Add water as you go until you reach your desired creaminess.

**You can soak the pistachios for up to 2 days but be sure to refrigerate them if you plan to soak for longer than 12 hours.