

Homemade fresh soy milk

Ingredients:

- 1 cup soybean
- 4 cups water
- 2 tablespoons sugar, brown sugar or honey (Optional)

Tools:

- Blender or food processor
- Cheesecloth, muslin or fine mesh strainer

Steps:

- Rinse and clean the soybean, remove any debris. Soak in water for overnight or at least 12 hours.
- Rinse again and drain the soybean.
- Puree the soybean with 2 cups of water until smooth. If blender can not fit, separate into 2 batches.
- Strain the blended soybean mixture using cheese cloth or strainer.
- Add the remaining 2 cups of water into pulp and mix. Strain again with cheesecloth or strainer.
- Pour all 4 cups of raw soy milk into a pot.
- Bring to a boil, then turn to low heat. Stirring occasionally and remove foam floating on top.
- Watch carefully as it is easy to burn at the bottom and overflow.
- Cook about 20 minutes.
- Remove from heat, stir in sugar or brown sugar to taste.
- Serve warm or cold.
- It can last for 4 – 5 days store in fridge.

(*The pulp also called Okara, it can be utilized to make other foods. [Check out these recipes.](#))