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Overnight Caramel Vanilla Bean Hazelnut Milk

This overnight caramel vanilla bean hazelnut milk is a delicious and creamy dairy-free alternative to regular milk. It is made by soaking hazelnuts overnight, blending them with water, and then straining the mixture to remove any solids. The milk is then sweetened with caramel and flavored with vanilla bean for a rich and indulgent taste. It can be enjoyed on its own, used in coffee or tea, or added to smoothies and recipes.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g Hazelnuts

1000 ml water

4 tbsp caramel syrup

1 Vanilla Bean
bean(s)

Directions

Step 1

Soak the hazelnuts in water overnight.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Drain and rinse the soaked hazelnuts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Blending

Blend the soaked hazelnuts with fresh water until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Straining

Strain the blended mixture through a nut milk bag or cheesecloth to remove any solids.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Blending

Pour the strained hazelnut milk back into the blender and add caramel syrup and scraped vanilla bean seeds.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Blending

Blend again until well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Refrigerating

Transfer the caramel vanilla bean hazelnut milk to a jar or bottle and refrigerate until chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 3 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	120 mg	3.53%	4.62%
Zinc	2 mg	18.18%	25%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Birthday Wedding Valentine's Day New Year Anniversary
Baby Shower Barbecue Picnic

Cuisines

Italian Chinese Mexican Japanese

Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium Sugar-Free

Meal Type

Brunch Snack

Course

Drinks

Difficulty Level

Medium

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