

# Liv.



## 6 Hong Kong Nut Milk and Soy Milk Brands We Love

 [Aarohi Narain](#)  [August 4, 2022](#)

Hong Kong nut milk is having a moment – and we’re not mad about it. Lower your carbon footprint and go dairy-free with these Hong Kong nut milk and soy milk brands.

### Ān

Raw almonds are naturally rich in enzyme inhibitors and phytic acid, which means they can be tough on your tummy and compromise your ability to absorb nutrients. The solution? Soak them in water! Sprouted almonds are easier to chew and digest, and deliver a sweeter, richer flavour that's ideal for desserts and smoothies. Try it out with a freshly made-to-order batch of almond milk from **Foodcraft**, which makes a range of preservative-free sprouted almond milk.

## SpiceBox Organics



**SpiceBox Organics** is one of our favourite places to stock up on conscious kitchen essentials, and true to form, they've got the goods when it comes to homemade nut milk! The certified organic food store and café offers two varieties: Organic Almond and Organic Cashew, both enriched with medjool dates and a sprinkle of Himalayan salt. While almond milk can help improve vision and strengthen bones among other benefits, cashew milk is chock full of key nutrients like magnesium, phosphorus, iron, potassium and zinc.