



Almond Milk

Prep time: 5 minutes

Yield: 3 cups

- 1 cup raw almonds, soaked in water overnight
- 3 cups filtered or spring water
- 1-2 medjool dates, pitted (not necessary, but nice addition)
- 1/2 teaspoon vanilla

1. Drain soaked almonds and place in a high-powered blender. Add water, dates, and vanilla and process until smooth.

2. Pour the milk into a nut filter bag, a fine-screen strainer, or through cheesecloth. Squeeze all the liquid from the pulp into a bowl. Pulp can be stored in the freezer for later use in making flour for cakes, breads, and cookies.

3. Store milk in glass jar with lid and refrigerate. Keeps for 3-4 days.

Note: You may substitute raw cashews – very tasty, and straining is not necessary.



SUBSCRIBE
TO OUR MONTHLY NEWSLETTER

