



ALMOND MILK

Making your own almond milk is simple and so much healthier than carton varieties with questionable ingredients.

DIRECTIONS

1. Soak the almonds in filtered water overnight or up to 2 days in a container in the fridge. The longer the almonds soak, the creamier the almond milk will be. Be sure to change the water daily.
2. Strain and rinse the almonds under filtered water. The almonds should be plump and the skin can easily peel off if squeezed. There is no need to remove the peel.
3. Place the soaked almonds in a blender with 2 cups of fresh water.
4. Blend until the almonds are broken down into a very fine meal. The water will become opaque.
5. Strain the almond milk using a fine mesh strainer. Press all of the almond milk from the almond meal. Repeat the process several times until the milk strains through without any pulp left in the strainer.
6. Taste the almond milk and if a sweeter taste is desired, add a sweetener to taste.
7. Store the almond milk in a glass jar with lid and refrigerate up to 2 days.

Equipment needed:

High-speed blender or food processor, fine mesh strainer, glass jar for storage

Kitchen Tip:

If you are a regular nut and seed milk user, it might be worth investing in a nut milk maker machine to make your life easier.

Makes: ~2 cups / 500mL almond milk

INGREDIENTS

- 1 cup raw almonds
- 2 cups water, plus more for soaking
- Sweeteners like honey or maple syrup to taste (optional)

**Note: The leftover almond meal can be added directly to oatmeal, smoothies, and muffins. You can also spread it out on a baking sheet and let it dehydrate it in the oven on low (100oC/215oF) for 2-3 hours. Dry almond meal can be stored in a container in the fridge for a few months or kept in the freezer for several months, and can be used in baked goods.*