



# **HOMEMADE ALMOND MILK**

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## INGREDIENTS :

- ✓ 1 cup of almond nuts (soaked overnight)
- ✓ 4 cups of pure water



## PREPARATION :

1. Drain water from soaked nuts and place almonds into a blender.
2. Add fresh water.
3. Blend until smooth.
4. Strain to remove pulp. Do this using a nut milk bag for quick and easy preparation. If you strain, you may add pulp back into blender with additional water to blend again for additional milk.
5. Store in refrigerator in tightly closed glass container (Mason jar), this milk will last 3 days.

## VARIATIONS :

- ✓ Any raw nuts may be used : Brazil nuts, hazelnuts, macadamia nuts, pecans, walnuts, etc.
- ✓ Raw pumpkin or sunflower or hemp seeds may be used in place of nuts for seed milk.
- ✓ Add pure vanilla for Vanilla Nut Milk.
- ✓ Add cinnamon, nutmeg or other desired spice for flavor.
- ✓ Add raw carob powder for chocolate nut milk.
- ✓ Milk may be sweetened by blending with 1-2 dates or 1 tablespoon raw honey or maple syrup or stevia.