



## Almond Milk

Nut milks (aka mylks) are a wonderful alternative to dairy products and a staple in our home. We love to include them in smoothies and pour them on homemade granola. Almond is a favorite because of its subtle flavor and versatility.

1 cup almonds  
4 cups purified water

**Tools & Equipment:** Measuring cup, bowl, nut milk bag, storage container with lid, high-speed blender.

**Directions:** Soak 1 cup of almonds overnight. The almonds will soak up some of the liquid and expand so be sure to add enough so that they are well covered. Soaking releases the enzyme inhibitor, which makes the nutrients more readily available.

Rinse the soaked almonds and add them to your blender, along with one cup of water. Blend well, slowly adding the remaining three cups of water. Strain through a nut milk bag or nylon stocking. Pour into a covered storage container.

Keeps for about 3 days in the refrigerator unless you drink it all up first!

Note: If you prefer your milk a bit thicker, try adding less water. You can also blend in a couple of pitted dates for a bit of sweetness or try adding some vanilla.

**Helpful tips:** Get into the habit of soaking your almonds before you go off to bed so you'll be sure to have enough on hand the next day. Or, soak a bunch and store the extras in your freezer.

Reserve the strained almond pulp for use in other recipes. You can store it in the freezer or dehydrate it and make flour to include in other recipes.