



ALMOND MILK

Yield: 2 cups (two 8 oz servings)

Equipment

High-speed blender

Nut milk bag or cheesecloth

INGREDIENTS

3/4 cup	almonds, soaked and drained
2 cups	purified water
3 – 4	dates, pitted
1/2 teaspoon	vanilla extract
Pinch	celtic sea salt

Put nuts and purified water into high-speed blender and blend until very smooth. To separate the milk from the almond pulp, squeeze through a nut milk bag or cheesecloth (double layer). Discard pulp or dehydrate to use in other recipes.* Put milk back into rinsed blender along with dates, vanilla and salt. Process until dates are liquefied. Milk may be stored in refrigerator for up to 5 days.

OPTIONAL

Add 1 tablespoon melted coconut oil

or

Add 1 tablespoon soy lecithin, non-GMO (thickens milk to a thick creamy texture)

NOTE

*Idea for leftover almond pulp: Mix with ripe bananas, chia seeds and hemp seeds (or any other combo you invent), then dry the mixture in a food dehydrator for a natural, fiber-rich home-made granola.