



HOMEMADE ALMOND MILK

Makes 4 cups

Soak time – 6-12 hours, Active time – 10 minutes

- 1 cup raw almonds
- 4 cups filtered or spring water
- 1 teaspoon vanilla extract
- 4 medjool dates
- 1 dash cinnamon (optional)
- 1 nut milk bag.

Soak the almonds and the dates together in a bowl for 6 - 12 hours.

Drain and rinse the almonds and remove the pits from the dates.

In a blender, add the almonds, dates, water, vanilla and cinnamon and blend until smooth.

Strain the almond mixture through a nutmilk bag, cheese cloth or fine mesh strainer into a bowl or pitcher. You'll need to squeeze the bag quite a bit to get all the milk out.

BONUS TIP:

Reserve the almond pulp for baking. Spread the pulp onto a baking sheet and let it dry out in a warm oven - no higher than 200°.

Once dry you can pulse it through a food processor and use it for baking!