

A decorative branch of eucalyptus with several green, rounded leaves and a small yellow flower bud, positioned in the upper left corner of the page.

Almond Milk

PREP TIME: 10 MIN COOKING TIME: 0 MIN YIELDS: ABOUT 4 SERVINGS

Ingredients

4 cups filtered water
1 cup raw almonds (soaked)
2 pitted dates (optional)
A pinch of sea salt

Directions

1. Soak the almonds overnight in room-temperature water or soak for 1-2 hours in hot water. Drain and rinse.
2. Add all the ingredients to a high-speed blender and blend until completely smooth (at least 2 minutes).
3. Strain through a nut milk bag.
4. Transfer the milk into a glass jar and refrigerate. Shake well before use and use within 4 days.

Notes

- The almonds must be raw as roasted almonds will give a different flavor.
- For a thinner consistency, add more water. For a thicker consistency, add more almonds.

