

Almond Milk

L | R

Makes 3.5 cups

Author: Leah Romay

Simply the best and easiest way to make a rich and creamy almond milk. You can add sweetener or vanilla if you like, but I prefer to keep it plain. This almond milk also froths really well with a steamer to make lattes.

INGREDIENTS

- 1 cup raw whole almonds
- water, for soaking
- 3.5 cups filtered water
- 2 dates, optional
- 1 tsp vanilla extract, optional

EQUIPMENT

- Nut milk bag
- High speed blender

DIRECTIONS

1. Place the almonds in a bowl and cover with filtered water. Allow to soak for at least 4 hours, or leave overnight on the counter.
2. Drain soaking water from almonds.
3. Place in blender with 3.5 cups filtered water. Add the dates and vanilla, if using.
4. Blend on high for 1 minute.
5. Transfer mixture to a nut milk bag and strain, squeezing the almond pulp firmly with clean hands to extract all of the almond milk.
6. Store in the fridge for up to 5 days. Separation is natural - just give a quick shake.