

Almond Milk

Ingredients:

- 1 cup almonds, soaked overnight
- 3 cups purified or filtered water
- 2 tbsp. raw honey, maple syrup or two medjool dates (optional)
- 1 tsp. vanilla powder or extract (optional)
- A pinch of sea salt

Instructions:

1. Blend the soaked almonds, water, and if using dates, in a high-speed blender for 1-2 minutes.
2. Strain through a cheesecloth or nut milk bag.
3. Add optional sweetener, optional vanilla powder or extract and sea salt.
4. Store in a glass jar in the fridge.
5. Last approximately 1 week.

Tip: This milk works well with both savory and sweet recipes and is excellent in baked goods, over breakfast cereal, and in oatmeal or porridge. If desired for use in savory recipes omit the sweetener and vanilla.