

ALMOND MILK

Ingredients:

3c raw organic almonds
filtered water

3 TBSP stevia

1 TBSP white Dominican
vanilla

Optional:
vanilla bean paste
honey
cinnamon
cardamom
cocoa

Directions:

Soak almonds for 10-12 hours in filtered
water.

Strain and rinse in cold water.

Blend 1c of almonds with 2c filtered
water until nuts are fine as possible.

Strain mixture in a nut bag and squeeze
as much of the liquid out as possible.

DO NOT THROW AWAY LEFTOVER PULP!

See almond flour recipe.

Mix stevia, vanilla and almond milk
together for a sweeter milk.

Lasts in fridge for 7-10 days