

# 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