

ALMOND MILK

A taste revelation



Ingredients:

1 1/2 cups raw almonds
Water for soaking
4 dates
1.2 litres good water

You will also need:

1.5L jug or jar for soaking and storing
Cheesecloth for straining
Sieve or colander
Medium sized bowl

Makes 1.2 litres (approx)

Put the almonds in a jug or jar, fill with water and soak in the fridge overnight.

Drain, discarding the water.

Put almonds and dates into blender. Top up with good water to 1.4 litres (or maximum if your blender is smaller than 1.4 litres).

Blend on high 60 seconds until smooth.

Lay the cheesecloth over a sieve in a bowl and pour the liquid through the cheesecloth into the bowl. The sieve will ensure the cheesecloth doesn't collapse under the weight of the almond pulp.

As the cheesecloth fills with liquid gather the edges of the cheesecloth and carefully squeeze out the liquid into the bowl and wring the cheesecloth.

You will be left with almond pulp in the cheesecloth - you can keep this for other recipes or discard.

Continue to pour and wring until the liquid mix has all been filtered.

Pour almond milk into a jug or a jar and keep refrigerated for up to 3 days.

Amazing blended with one cup of frozen fruit and 1 tsp agave syrup to every 3 cups almond milk.



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