



Almond Milk

Servings: 4 Cups

Prep Time: 5min + Fridge time

Cook Time: 0

Ingredients

- 1 cup of Almonds
- 3 - 4 cups of filtered water
- vanilla pod or vanilla essence
- salt
- 1- 2 teaspoons honey (or sugar or sweetener of your choice)

Directions

1. Soak your almonds in filtered water - enough water to cover them and a bit more so that when they swell they are still under the water.
2. Soak for at least an hour but up to over night in the fridge is great too - so they can plump up and get all delicious. (The water you soak them in will get thrown away so don't worry when you strain them)
3. When ready to blend strain the almonds and place them in the blender.
4. Top up with 3 cups of filtered fresh water, vanilla seeds from a pod, a teeny tiny pinch of salt and some honey (vary to taste). Blend on high until everything is really frothy on top and you think the almonds have been blended to teeny tiny bits!
5. Taste and add more honey, vanilla, or salt (even a pinch of cinnamon or a spoon or two of cocoa if you wish)
6. Use a clean dish cloth and a medium bowl.
7. Pour the mixture into the clean dish clothe and then gather all the edges to together of the cloth until the pulp is in the middle and you have a ball. squish out as much liquid as possible.
8. Add more filtered water if you would like to thin it out.
9. Place the almond milk in a glass jug or jar in the fridge to cool and then use.

