

ALMOND MILK (Makes 4 Cups)

1 cup raw almonds, soaked for 8 hours
4 cups water
liquid sweetener to taste (optional)

BLEND THE ALMONDS. Remove the almonds from the soaking water and place them in a blender. Throw away the soaking water. Add 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are ground down.

SEPARATE THE ALMONDS FROM THE MILK. Slowly pour your almond milk into a nut milk bag* over a large bowl. As the bag fills up, squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag.

REFRIGERATE YOUR MILK. Sweeten your milk if desired. Place your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

