



ALMOND MILK

SERVES 1

Almond milk is a raw food classic. It's delicious, nutritious and can be used for so many different things, besides being a wonderful drink in and of itself.



EQUIPMENT

- Blender
- Nut milk bag OR Fine sieve



INGREDIENTS

- 1 cup almonds OR 1 tablespoon almond butter
- 3 cups pure water
- 2 Medjool dates (optional, but these will make it taste much better)



DIRECTIONS

1. Place all ingredients in a blender and blend until smooth.
2. If you used whole almonds (and not almond butter) and need to strain the milk, use a nut milk bag or very fine sieve to strain the mixture so that you separate the almond skin from the milk.
3. Discard the pulp (skins) by composting or dehydrating to make almond flour for use in another recipe; serve milk after straining.



- Can be drunk as is for a refreshing dairy alternative.
- Use as a base for soups, smoothies or other drinks, adding in the flavourings of your choice.
- Use to pour on your muesli or breakfast cereal.
- Will keep in fridge for 1–2 days.