

ALMOND MILK

MAKES ABOUT 3 CUPS

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1 cup raw almonds
water

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1. Soak 1 cup raw almonds in a bowl with plenty of room temperature water for 6-8 hours. (Soaking will make the almonds softer and more digestible.)
2. Drain the almonds in a colander and rinse with fresh water. Optional: remove the skins from the almonds by pressing them through your thumb and forefinger. Discard the skins.
3. Place the almonds in a blender or Vitamix. Add 3 cups fresh water and blend until the nuts are pulverized.
4. Strain through a fine mesh sieve, cheesecloth or a nut milk bag into a glass bowl. If using a sieve, use a spoon to scrape the almond meal around and allow as much liquid to drain through.
5. Transfer to a glass jar and refrigerate, covered up for up to 4 days. Add the remaining pulp, sweetened with honey or maple syrup, to hot cereal, granola or fruit.

Variations:

Almond milk with coconut water: soak almonds in regular water, but use coconut water to blend with the almonds.

Almond milk sweetened with dates: follow direction for basic almond milk, but blend almonds with water and 8 pitted dates. You can also add a drop of vanilla and sea salt if you like.