

Almond Milk

Almond milk is one of the most popular nut milks and the reason I began the ***More than a Nut Milk Bag*** project. Almonds are called the Queen of Nuts (although the almond is a seed, not a nut. Those Royals!) because they are high in protein, fiber, calcium, magnesium, and potassium and are said to reduce cholesterol levels, prevent osteoporosis, and regulate blood pressure. Extremely alkalizing to the body, almonds are worthy additions to your daily ***food as medicine*** regime.

Yields about 2½ cups

NMB BL

Ingredients:

1 cup almonds soaked 6-8 hours in cool water

3 cups water

Directions

Rinse and drain soaked almonds thoroughly. Place drained almonds in a high speed blender along with enough water to cover the nuts. Blend until smooth, about one minute, then add remaining water and blend briefly. Strain blended mixture through ***More than a Nut Milk Bag*** and catch resulting milk in a bowl or pitcher.

pre-soaking

Most nut milks require soaking the nuts or seeds 4-8 hours. This not only makes them soft but releases their enzyme inhibitors. Neither cashews nor Brazil nuts will sprout or release enzyme inhibitors when soaked, so if you are using their creamy luscious milk, you needn't bother to soak them. If making a cream, they can be soaked 4-6 hours to soften them just a bit before blending.

If you are in a rush or forgot to soak the nuts originally chosen, remember if you always have cashews, Brazil nuts or hemp seeds on hand, you can have luscious milk in no time.