

Almond Milk

Yield: 2 cups (2-4 servings)

Ingredients:

1 cup whole raw almonds, soaked 8 hours, rinsed and drained

2-3 cups water

1-3 pitted dates (optional - see note)

¼ teaspoon vanilla extract (optional)

Dash of cinnamon (optional)

Directions:

Combine all ingredients in a blender and process until smooth.

To separate the milk from the pulp: squeeze the mixture through the “[More than a Nut Milk Bag](#)” and compost the pulp or reserve it for use in cookies, piecrusts, breads or biscotti.

Serve at room temperature or chilled. Stored in a sealed glass jar in the refrigerator, Almond Milk will keep for up to 4 days. It naturally separates so shake well before serving.

Notes:

Dates vary in size and degree of sweetness, you may wish to begin with 1 date and add for your preferred level of sweetness

You may like the milk thinner - just add more water before blending
And if you'd like it thicker (cream) - add less water before blending

Remember when making Almond Milk for savory soups do not add the dates or vanilla.

Leftover almond pulp can be stored (in an airtight container) in the refrigerator for up to 6 days and the freezer for up to 4 months (defrost before using). The pulp may be used in other recipes or dehydrate it then grind it in the food processor and use it as flour.