

HOMEMADE ALMOND MILK

Sarah Roberts

Yields 4 cups of almond milk

Why I Make This: There is NOTHING like the taste of homemade almond milk! Creamy and delicious, it contains lots of real almonds, whereas store bought has about 1 almond per serving! I love using it in chia pudding, smoothies, soups and in my coffee (although for some people, it can tend to curdle, so try and see). I hope you give this a shot and be sure to use only RAW almonds (not roasted, salted or sweetened).

INGREDIENTS

1 cup raw almonds (organic preferable)

½ teaspoon salt

Water, for soaking

4 cups fresh water

INSTRUCTIONS

Soak the almonds in water and salt overnight.

Drain and rinse the almonds well.

Add 4 cups of fresh water to a blender with the soaked/drained nuts.

Blend water and almonds on high for one minute.

Squeeze through a “nut milk bag” (found at your local health food store).

Store in a glass container in the fridge for up to one week.

Voila! It is SO tasty and creamy and delicious. Made by you, with love for your body.

NOTE: If you are allergic to almonds, or want a nice change, feel free to make cashew milk using the same method.

HOMEMADE VANILLA ALMOND MILK

Sarah Roberts

Yields 4 cups of vanilla almond milk

Why I Make This: I LOVE using vanilla almond milk to make Chia Pudding or in smoothies. The richness of the coconut oil is nice, too, but only add it when you'll be using it in hot recipes, as otherwise, the coconut oil will solidify in the fridge.

INGREDIENTS

1 cup raw almonds (organic preferable)
½ teaspoon salt
Water, for soaking
4 cups fresh water
Seeds from ½ of a vanilla pod or 1 teaspoon vanilla extract
1 Tablespoon coconut oil (optional--if using in hot beverages)

INSTRUCTIONS

Soak the almonds in water and salt overnight.
Drain and rinse the almonds.
Add 4 cups of fresh water to a blender along with the soaked nuts.
Blend on high for one minute.
Squeeze through a “nut milk bag” (found at your local health food store)
Pour your milk back into the blender and add in the vanilla and coconut oil (if using) and re-blend. Store in a glass container in the fridge for up to one week.