

Almond Milk

Ingredients

1 cup Almonds

4 cups of Water

1 Tablespoon Honey or 4 dried dates (pits removed)

1. Place almonds in a colander and rinse with water.
2. Put rinsed almonds, water, and honey (or dates) in a blender. Blend until well blended.
3. Transfer to a pitcher and put in refrigerator for 8 hours.
4. Strain almond milk by pouring into a juicer (preferred) or straining through a metal mesh strainer, or through cheesecloth.
5. Keep strained milk in refrigerator and use in place of milk or soymilk. Use the leftover strained almond meal by adding it to smoothies, soups, bread or hummus.