

## **Homemade Almond Milk**

1. Soak 1 to 1 ½ cups of raw almonds in clean water. Make sure the almonds are completely covered in the water. Soak overnight.
2. In the morning, drain and rinse the almond.
3. Put the almonds in Vitamix blender with ¾ cup of fresh filtered clean water
4. Add 1 – 2 pitted dates (or vanilla)
5. Blend until smooth
6. Pour into a filter lined sieve or a Nut Bag over a large glass bowl (may have to leave for an hour to drain)
7. Drain well (squeezing bag if using) and strain thru a funnel with filter to catch sediments into glass jar or bottle
8. Refrigerate for a couple hours or can use immediately

<https://www.edibleperspective.com/home/2013/2/20/almond-milk-revisited-plus-almond-pulp-crackers-breakfast-br.html>

<https://berrymaple.com/homemade-almond-milk/>