

Simple to Make Almond Milk

Supplies

Blender, cheese cloth
1 cup whole raw almonds
4 cups of water
2 tablespoons of honey or maple syrup
1/2 teaspoon of almond extract
1/2 teaspoon vanilla extract
1/2 teaspoon salt

Directions

Soak the almonds in water overnight. Drain and rinse, add 2 cups of fresh water and blend on high-speed for 1-2 minutes (time will vary depending on your blender). Add your honey/maple syrup, vanilla, almond extract and salt and blend for a few more seconds.

Line a bowl with cheese cloth and carefully pour the blender contents into the cheese cloth. Gently squeeze out the almond “milk”. Store in a clean, airtight container.

We use large mason jars.