

Almond Milk

Almond milk is a good source of protein, fat & fiber. It contains several phytochemicals that can reduce risk of heart disease, is a good source of healthy mono-unsaturated fat and is high in calcium and minerals. The meal is going to have plenty of the calcium from the nuts, but the milk will have some too. The meal will have more fibre and more of the good fats and the milk may have more of the protein. Click link to see the short video <http://youtu.be/MRVzsqe0PJs>

Makes 3 cups

1 cup raw almonds
3 cups filtered water
1/2 tsp vanilla (optional)

- Soak the almonds in a glass jar or stainless steel bowl in enough water to cover by 2 inches overnight or for at least 6 hours.
- Drain the water from the almonds and discard.
- Blend the 3 cups of water with almonds until well blended and almost smooth.
- Strain the blended almond mixture using a cheesecloth or nut milk bag. Squeeze to extract all the milk.
- Add vanilla and store in a glass jar in the refrigerator
- Homemade raw almond milk will keep well in the refrigerator for three or four days. Store the pulp in the freezer to use in recipes.