

Almond Milk

Almond milk is a good source of protein and fat. It contains several phytochemicals that can reduce the risk of heart disease. It is a good source of healthy mono-unsaturated fat and is rich in phosphorus, potassium and zinc.

Makes 3 cups

1 cup raw almonds
3 cups filtered water

- 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.
- 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.