

HOMEMADE ALMOND MILK



INGREDIENTS: (serves 1)

- 1 Cup of almonds (soaked over night)
- 5 cups of fresh spring water
- 2 Medjool dates
- 1 tsp of ground cinnamon
- 1 vanilla pod
- pinch of pink Himalayan salt

Real, fresh and very tasty almond milk. Great as an alternative to dairy milk and more superior to shop bought varieties as there are no added stabilizers or thickeners.

HOW TO MAKE IT:

- Place the almonds in a bowl, and cover with fresh spring water. They will plump as they absorb water. Cover with a cloth and leave to stand overnight, or in refrigerator for up to 2 days
- Drain the almonds from their soaking water and rinse them thoroughly under cool running water. At this point, the almonds should feel soft. (It's best to discard the soaking water because it contains phytic acid, which inhibits the body's ability to absorb nutrients)
- Place the almonds and all the other ingredients into a blender/Nutri-bullet with 5 cups of water
- Pulse a few times to break up the almonds, then blend continuously for two minutes. The ingredients should be broken down into a very fine 'meal'
- Line a strainer with a muslin/cheese cloth and place over a measuring cup. Pour the mixture into the strainer
- Press all the almond milk from the almond meal by squeezing and pressing with clean hands to extract as much almond milk as possible. You should get about 5 cups
- Refrigerate almond milk. Store the almond milk in sealed containers in the fridge for up to two days

Top Tip

The longer you soak the almonds, (up to two days) the creamier the milk will be. Make what you think you will drink as homemade almond milk only lasts a few days in the fridge.

Using the leftover almond meal: The leftover almond meal can be added to oatmeal and smoothies. You can also spread it out on a baking sheet and bake it in a low oven until completely dry (2 to 3 hours). Dry almond meal can be kept frozen for several months and used in baked goods.

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