

ALMOND MILK

I never thought in a million years I would make my own almond milk. However, after the first batch I was hooked. Nothing tastes better than homemade nut milk. It is great on granola, oatmeal, smoothies, or on its own. Try it. You just might fall in love.
Makes about 2 cups of almond milk



INGREDIENTS

- 1 cup almonds
- 3 cups water
- 1 tsp vanilla
- 1 tsp cinnamon
- 2 dates

METHOD

Soak almonds for 8 hours. Add almonds, water, vanilla, cinnamon, and dates to blender (I used a Vitamix) and blend until smooth. Strain milk through a nut milk bag. Stays good in fridge for 3-4 days.