

HOMEMADE ALMOND MILK RECIPE

Almond Milk is plant-based milk with a creamy texture and nutty taste. It is **full of nutrients, containing neither cholesterol nor lactose** and it's very easy to make at home.



You will need:

Nut milk bag
High-speed blender
4 cups Pure Water
1 cup Raw Almonds
1-2 Tbsp sweetener (Agave, Molasses, Honey, Maple syrup, Rice syrup or few drops of stevia)
1 tsp organic Vanilla extract
Pinch of sea salt

1st step

Soak Raw Almonds in pure water over night or for at least 8 hours, after rinse Almonds thoroughly to remove all enzyme inhibitors that might be left after soaking..

*Almond skins do not need to be removed, they are just fibers and the enzyme inhibitors are removed during the soaking process. In the end you will strain the Almond milk and the skin is removed (only in case you would like to keep the Almond flour completely white afterwards, to use it for other recipes).

2nd step

Place 1 cup of activated almonds into your High-speed blender, add 1 cup of pure water, then "LET IT BLEND" till it's smooth, then add another 3 cups of pure water and give it another round of blending.

3rd step

Take your Nut milk bag and big bowl, pour blended Almond milk through Nut milk bag into the bowl and slowly squeeze from top downwards, to strain all that Pure Fresh Almond milk into the bowl. Now your pure Almond milk is ready to enjoy!

*this is the moment to keep your Almond flour for other recipes, keep it in an air tight container, but I would not wait too long as it is organic matter & it has an expiring date!

4th step

Now if you want to make your Almond milk taste Delicious, pour your fresh Almond milk into your High-speed blender again and add 1-2 Tbsp of your desired sweetener or a few stevia drops, adjust the amount of sweetener depending on your taste, add also a pinch of sea salt and 1 tsp of organic Vanilla extract. (You can also try experimenting with other flavors, like cardamom or cinnamon) "LET IT BLEND" again till it is all mixed well!

For your information, preserving Almond milk in an air tight container in refrigerator is fine, but it is always mostly delicious when consumed fresh.... taste will not be the same the next day!

THANK YOU FOR SUPPORTING HEALTH FOOD RE-EVOLUTION!

Raw Food Artist & Vegan Chef
Esco Essence