

Jill's Joyful Kitchen



Purely Satisfying Almond Milk

- 1 cup raw almonds (soaked 6-8 hours or overnight)
- 4 cups of water
- ¼ teaspoon sea salt
- 1 tablespoon agave nectar or maple syrup (more if sweeter is desired)
- 1 teaspoon vanilla extract

Drain almonds and rinse well. Place nuts in a high speed blender with 4 cups water and blend for 1 minute or until smooth. Pour through a cheesecloth/nut milk bag to separate the pulp from the milk, using a pitcher or a large glass bowl to catch the milk as it is strained. If using a cheesecloth, lay cloth over a fine mesh strainer that is placed over a wide rimmed bowl. Use the back of a spoon to press the milk through the cheesecloth. Transfer milk back to the (rinsed) blender and add the rest of the ingredients and blend again until smooth. Taste milk and adjust sweetness to your liking. For a richer milk, use 3 cups water instead of 4. Add additional water if thinner milk is desired and re-blend. Pour into a jar or container with an airtight lid. It will keep fresh for 3-4 days. Shake before using as natural separation may occur.

Preferred straining method: cloth nut-milk bag