

ALMOND MILK 3-WAYS

2020 revision adapted from www.detoxinista.com

Yield: 4 - 5 cups

Soak Time: 8 hours; 1 hour for quick-soak method

Processing Time: 5 - 10 minutes

Storage: best day of; refrigerate up to 4 days



Unsweetened Milk Ingredients

1 cup raw almonds

water for soaking, preferably filtered

4 - 5 cups filtered water for the actual milk

Lightly Sweetened Milk Ingredients

1 cup raw almonds

water for soaking, preferably filtered

4 - 5 cups filtered water for the actual milk

2 Medjool dates, pitted

small pinch of salt, or to taste

optional: 1 teaspoon vanilla extract

Natural Chocolate Milk Ingredients

1 cup raw almonds

water for soaking, preferably filtered

3 - 4 cups filtered water for the actual milk

4 Medjool dates, pitted

2 teaspoon vanilla extract

1/4 cup raw cacao or cocoa powder

generous pinch of sea salt, or to taste

Directions

1. Place almonds in a bowl, cover with enough water that the water level is a couple inches above the almonds. The nuts will enlarge as they absorb the water; you want to make sure they stay submerged the entire time. Soak almonds for 8 hours in the fridge, then rinse and drain them well (discard soaking water).

**For quick-soak: Soak almonds in boiled water for 1 hour at room temp, then rinse and drain.

2. Place drained almonds and filtered water into a blender - I recommend starting with the low end amount of water for the milk you're making. Process on high speed until almonds are completely blended and milk looks creamy, about 60 - 75 seconds (may take a bit longer if you don't have a high speed blender). Add extra water if thinner consistency is desired.
3. Strain the milk over a large bowl or pitcher using a nut milk bag, an *extra* fine-mesh strainer, or a thin tea towel or dish towel. This process can take a few minutes. Store milk in an air-tight container in the fridge to preserve freshness. Give the jar a good shake before enjoying.