

# Almond Milk - plain & simple

by Françoise La Prune

makes	level	prep time
750ml 3 cups	easy	6-8h soaking 5min

You will forget about shop bought almond milk once you have made it yourself! Just get yourself a nut milk bag or a muslin cloth and start squeezing all the goodness out of those healthy pearls.



## Ingredients

150g / 1 cup **organic raw almonds**  
**filtered water**  
*pinch of Himalayan or sea salt*

*Tools:*

**high speed blender**  
**nut milk bag or muslin cloth**

## Instructions

1. Put the almonds in a bowl. Add at least the double amount of filtered water. Cover with cling film or a tea towel. Set aside and let soak for 6-8 hours or overnight at room temperature.
2. Rinse well and drain the almonds. Put into your blender with a pinch of salt and 750ml / 3 cups of filtered water. Blend until fine - depending on your blender this can take 1-2min.
3. Strain through your milk bag or muslin cloth into a big bowl or jug. Squeeze until you have got all the milk out.
4. Pour the milk into a glass bottle and keep in the fridge for up to 3 days. Shake before use.
5. Enjoy!

## Tips / Variations:

- **What do I do with the almond pulp:** add it to your smoothie, cakes, cookies, dips etc or discard it on your compost. You may as well leave it in your milk for extra texture
- **Add flavour:** why not add a bit of excitement with vanilla extract, cinnamon, honey or dates!
- **Use different nuts:** ever thought of pistachio or macadamia nut milk?!? Yummm...
- **Soak ahead:** after the soaking and rinsing you can store the almonds in the fridge in an airtight container for a few days.
- **Change the consistency:** make it creamier by adding less water or make it thinner by adding more water to the blender.

This beats any  
shop bought  
almond milk!!!