

SIMPLE HOMEMADE ALMOND MILK



Makes 2 quarts

1 $\frac{1}{4}$ cups organic raw almonds, soaked*

5 cups filtered water

Pinch of Himalayan pink salt

1 ½ – 2 Tablespoons organic coconut sugar, organic maple syrup or organic honey

Putting it all together:

- Combine almonds and water in [high speed blender](#) and blend until smooth.
- Strain in a [nut milk bag](#) over a large bowl.
- Clean blender and pour strained milk back into the blender.
- Add salt and coconut sugar, maple syrup or honey; blend again until smooth.
- Pour into 2 [1-quart glass jugs](#) or mason jars. Keeps in the fridge up to 5 days. Alternatively, freeze milk in ice cube trays.

*To soak almonds, place in a bowl and cover with filtered water. Leave on the counter overnight.
