



Almond Milk

One of our daughters chores for the week is to make Almond milk for the family. Here is her recipe - if an 8 year old can do it then you can as well.

Serves: 2, Prep time: 00:30, Cook time: 00:00

Instructions

1. Soak the almonds overnight in 3 cups of filtered water.
2. Drain and rinse the almonds x 2, then place in blender with 1 cup of water (option is maple syrup and salt as well) and blend until smooth.
3. Then add another 2 cups of water and blend again.
4. Strain through "nut bag" or fine muslin bag (we buy ours at Be organic or Huckleberry). Squeeze firmly to remove the residue (either squeeze into a large bowl - we have found a large coffee plunger is good)
5. Pour/funnel into glass (not plastic) bottles, top up with filter water (we have acquired some 1L bottles from Coles butchery - or anywhere that has the organic jersey girl milk*)

Ingredients

- 1 cups Almonds , Organic if possible
- 4 cups Water (filtered)
- 1 teaspoon Maple syrup
- 1 pinch or to taste Himalayan Salt

This makes 1L of almond milk. If you want the milk slightly thicker then use 1 1/4 cups of almonds. You can mix up the nuts with cashew, walnut, and hazelnut.

*we transitioned from the usual plastic bottle milk in the supermarket to the Jersey girl milk in glass bottles before going fully plant based with our milk. If you are still drinking cows milk I would recommend supporting Jersey Girl as it is organic and uses glass or Happy Cow Milk.