

“Homemade Almond Milk”

The Adventures of KayRu

Ingredients:

1 Cup of Almonds

3 ½ Cups of Water

Makes about 1 quart.

Directions:

Soak the almonds in a glass bowl for 24 hours to loosen the skin (this will help to remove the lectins). Some skin will shed but you can squeeze the almonds slightly to remove the skin. Transfer skinless almonds to a new bowl and rinse thoroughly.

Add the almonds to 3 ½ cups of water in a blender, and blend on high for about 2 ½ minutes*.

During the blend process you can add cane sugar, salt, honey, or fruits of your choice.

Pour into a suitable container, and refrigerate, last about 7-10 days.

****Blender speeds and power vary. Blend to the desired consistency, using shorter blend times for more or less pulp.***

Watch the YouTube Video here:

<https://www.youtube.com/watch?v=1lrwV4y40X8>

For more recipes bookmark this site:

<https://www.kayandrussell.com/cooking>