

# Almond Mylk

Yield: 1 liter

Prep time: 5 minutes

Total time: 8 hours 5 minutes

## Ingredients

**Almonds** | 1.5 Cups

**Water** | 4 Cups

**Salt** | 1 Tsp

**Nutbag**

**Bowl**

## Directions

Soak the almonds overnight. Drain and rinse almonds. Place soaked almonds into the blender along with the 4 cups of water and salt. Blend on high until smooth. Place a nut bag into a bowl and pour the almond mixture into the bag and strain. What's in the bag is Almond Pulp, and in the bowl is almond milk. Rinse the blender and pour the mylk back into the blender with the salt. Blend and transfer to a container. Store in fridge. Good for Five days.

\*Dry out the Almond Pulp to use as a flour replacement.