

Andes Chocolate Mint Mylk

Yield: 1 liter

Prep time: 5 minutes

Total time: 8 hours 5 minutes

Ingredients

Almonds | 1.5 Cups

Water | 4 Cups

Maple Syrup | 4 TBSP

Unsweetend Cocoa Powder | 2 TBSP

Peppermint Oil | 1.5 Tsp

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 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 along with the remaining ingredients. Blend and transfer to a container. Store in fridge. Good for Five days.

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