

Cinnamon Almond Milk

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
almonds	1 cup	soaked in water overnight
water	3 ½ cups	
Medjool dates	2	pitted
vanilla extract	½ tsp	
cinnamon	½ tsp	
salt	1/8 tsp	

- Soak the almonds overnight in a bowl of water.
- Rinse and drain the almonds, and put them in a blender with the water and dates. Blend on high speed for a minute or two.
- Place a large nut bag or cheesecloth over a large bowl, and slowly pour the almond milk mixture into the bowl. Lift the nut bag or cheesecloth carefully, and squeeze the bottom to release all the milk. This may take 5 minutes, so be patient.
- Rinse & pat dry the blender, and pour the milk back in. Add the vanilla, cinnamon & salt, and blend on low to combine.
- Pour into a glass jar and store in the refrigerator up to 5 days. Shake the jar well before serving.