Almond Milk

Here is the recipe for home made almond milk.  It is healthy, delicious, and easy to
make.

***Ingredients:***3/4 cup of raw almonds, (vanilla or honey or sugar optional)

***Instruction:***1.        Soak almonds in water over night (10 to 12 hours)
2.        Clean the almonds with clean water, squeeze the skins out (optional)
3.        Blend it with 6 cups of water with liquefy function until almonds liquefied. (Use a
Nut Milk Bag to filter the milk, optional)
4.        Pour the raw almond milk to a pot and bring it to boil. (Add vanilla drops when
cook, optional)
5.        Add honey or sugar when served (optional). Done. So delicious!

Serves 4 people.