

Homemade Almond Milk

- *from Denise's Kitchen*

You will need a good high-speed blender for this. I use a KitchenAid 5-Speed that Gary bought me at Lowe's. You will also need to buy a straining bag for the almond milk (see photo). This, too, can be found at Lowe's in the Paint Dept. Just look (or ask) for a one-gallon "paint strainer". It is a mesh bag used for straining paint (or almonds!). They come in packs of two for \$1.98.



Ingredients for the milk include:

1 cup of whole natural almonds
3 1/2 cups water
2 tbsp honey (organic is best!)
1/2 tsp sea salt

Directions:

Soak the almonds in a container of water for 24 hrs. Strain them and put them in your blender. Add your 3 1/2 cups of water & blend thoroughly for almost a minute (begin at low speed & work your way up to high). Take your straining bag & tuck it down into any spare pitcher you may have. The elastic edging of the bag will secure itself to the rim of the pitcher. Pour the blended almond mixture into the pitcher/straining bag. Take hold of the bag & gently squeeze all of the liquid through the bag, into the pitcher. This is where you'll see where almond "pulp" comes from! You can freeze this pulp & use it later in other recipes (just search online for these). Now take your strained almond milk & pour it back into your blender, add the honey & salt and blend. That's it! Creamy & delicious!

You can store your pitcher of milk in the refrigerator. Blend it up again before each use. (Note: since this is all natural w/no preservatives, it has a shorter shelf life, so try to use within 4-5 days.)

This makes about a quart...enough for about 5 servings of breakfast cereal. It may not be cheaper than just buying it at the grocery store, but it's healthier and tastes better! Once you've tried it, you won't want to go back to that "store-bought" stuff! If you would like a "visual" of how to do all of this, just go online and search for "how to make almond milk" videos. There are lots of them! Enjoy & have fun!