

Homemade Almond Milk



Ingredients

3.5 ounces macadamia nuts
10.5 ounces unpeeled almonds
2 dates
2 quarts filtered water
¼ teaspoon cinnamon
¼ teaspoon vanilla extract
Pinch salt

Macadamia nuts makes the milk taste extra creamy and rich without adding extra oils or fats. Sweeten to taste with honey, vanilla, agave or sugar—keeping in mind that the foods you pair it with (like the fruit compote) may also be quite sweet. The gritty material leftover after straining is nutrient dense and can be used as a healthy topping on your morning oatmeal. Also, the longer the nuts soak, the easier they breakdown and the creamier the milk will be.

Steps

- 1 Soak nuts with dates in water for a minimum of 12 hours (up to 48 hours)
- 2 Strain nuts - you'll notice they've absorbed water and puffed up - and add to blender
- 3 Pour 2 quarts hot (not boiling) water over nuts into the blender
- 4 Add cinnamon, vanilla extract and a pinch of salt to bring out the flavors
- 5 Blend on high for one minute
- 6 Taste and adjust sweetener to preference
- 7 Strain the milk through a sieve, you might need to lightly mash the liquid through with a spoon.
- 8 Store in an airtight container in the fridge and enjoy for up to seven days.