

A decorative branch of eucalyptus with several green, rounded leaves and a small yellow flower bud, positioned in the upper left corner of the page.

# Almond Milk

PREP TIME: 10 MIN    COOKING TIME: 0 MIN    YIELDS: ABOUT 4 SERVINGS

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## Ingredients

4 cups filtered water  
1 cup raw almonds (soaked)  
2 pitted dates (Optional)  
1 pinch sea salt

## Directions

1. Soak the almonds overnight in room temperature water or soak for 1-2 hours in hot water. Drain and rinse.
2. Add all the ingredients to a high speed blender and blend until completely smooth (at least 2 minutes).
3. Strain using a nut milk bag.
4. Transfer milk into a glass jar and refrigerate. Shake well before use and use within 4 days.

## Notes

- The almonds must be raw as the roasted almonds will give a different flavor.
- For a thinner consistency, add more water. For a thicker consistency, add more almonds.

