

## Recipe: Almond Milk (Raw Recipe)

Makes 1 litre/33 fluid ounces of milk. The milk keeps in a closed jar/container in the fridge for up to 5 days.

### Ingredients:

- Unsalted Plain Almonds(skin on): 1 cup (or 1.5 cups if you want a creamier texture)
- Water: 1 litre/33 fluid ounces
- Sweeten to taste (I prefer the taste of maple syrup, use whatever sweetener you enjoy)

### Method:

Place almonds in a bowl, fill with water until almonds are submerged. Cover then refrigerate overnight)

Drain almonds and run under colder water.

Place almonds, along with the water and sweetener of choice in a high-speed blender and blitz until the liquid looks like milk.

Pour contents into nut milk bag placed in a large jug or bowl. Squeeze the blended nuts until all the liquid is removed.

Pour milk into a glass container, place lid on and store in the fridge.