

# Fresh Almond Milk

## NEW LIVING RECIPE

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**Serves: About 2 quarts**

### **You will need:**

2 cups of raw almonds

6-8 cups of purified water for soaking the almonds

1 tablespoon brown sugar or agave nectar

1 teaspoon vanilla extract

- 1** Soak the almonds overnight in purified water. Drain, rinse and change out the water. Soak for another 5- 8 hours. Drain almonds for a second time. After soaking, transfer almonds to the blender, add purified water. (1 cup of soaked almond nuts to 3 cups of water).
- 2** Blend almonds and purified water on high speed for about 3-4 minutes. Use less water to obtain thicker milk. The almonds will begin to break-down to a fine, meal-like texture. The water should be an off-white beige color.
- 3** Place your strainer over a cup, such as cheesecloth or milk bag; slowly pour the almond mixture into a strainer, separating the ground nuts and milk. Gently press the almond meal with a spoon; extracting milk from the almond meal. Gather the cloth around the almond mixture and turn, squeezing and press at the same time. Continue straining, extracting as much almond milk as possible.
- 4** Pour almond milk into a glass container or large mason jar. Infuse with agave, brown sugar, vanilla, or any of your favorite sweeteners for a sweet taste. Store the milk in a glass container with tightly sealing lids.

**Keep almond milk for about 4 days.**

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