

# Creamy Almond Milk

The great thing about making your own almond milk is that you can control how sweet you make it – if you don't want to add the vanilla or sweetener you don't have to, or if you prefer more sweetness feel free to add extra - just make it to your preference. You can also control how creamy your milk is by adding more or less water. This recipe makes a creamy but thin milk which is how I like it, but if you prefer it creamier, add less water, and if you would like it thinner then add more.

You will need to soak the almonds before making the milk to help soften them. If you have the time it's a nice idea to soak them overnight as a long soak will help your body digest the nuts, but if you are short on time you can instead pour boiling water over them and soak for an hour – a short hot soak like this won't be as beneficial in aiding digestion, but it will soften the almonds enough to make a decent milk.

*Makes approximately 3 ¼ - 3 ½ cups worth*

## Ingredients

- 1 ¼ cups raw almonds, either soaked overnight in cold water or soaked for an hour in boiling water
- 4 cups water
- Pinch salt to taste, optional
- ½ teaspoon natural vanilla extract, optional
- 1 teaspoon maple syrup or runny honey, optional

## Method

1. Drain the soaked almonds and add to a blender with 2 cups of the water and the salt if using, blending on high for a minute. With the engine running add the remaining water and blend for a minute or two further, or long enough to ensure the almonds are finely blitzed and the milk is fully released from the nuts.
2. Place a piece of cheesecloth over a sieve and drain the milk through it into a bowl. Squeeze the cheesecloth out well so all the creamy milk is released. Add the vanilla and maple syrup/honey to the milk and whisk in well.
3. Transfer to a clean glass bottle and refrigerate. Drink within 4 days. The milk will separate on sitting, so gently shake the bottle to mix before use.

*Recipe Note: The almond pulp can be stored in the fridge for later use – keep in mind it only stays fresh for 3-4 days. If you aren't going to use it straight away you can freeze it, just thaw it out before use. Uses for the pulp include drying it out in a low oven to make almond crumbs - use these just as you would breadcrumbs, or try it added to your morning smoothie for a protein boost. It is also a nice addition to any curry sauce that needs thickening. Note that almond pulp is dryer and has less fat than ground almonds, so you may need to add a little bit of extra fat to the recipe when baking with it.*