

Silky Smooth Almond Milk

6 to 9 cups water, boiled, then cooled slightly
1 cup blanched almonds or soaked almonds (overnight) and
 remove skins
 liquid stevia

1. Put 3 cups of the water and almonds in a blender and whirl until smooth.
2. Place a fine sieve or cheesecloth over a jug and pour in the almond milk.
3. Place the reserved almond pulp back into the blender and add 3 more cups of water, whirl and sieve the almond milk, again in the same jug.
4. Repeat one more time if desired.
5. Add a few drops of stevia for added sweetness.
6. The reserved almond pulp can be added into smoothies. Store in fridge.
7. Store almond milk (and pulp) in fridge for 3 to 5 days. The shorter length of time for the almonds soaked overnight. The almond pulp can be frozen

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