

# Almond Milk-Homemade

*This recipe makes 6 cups*



## Ingredients

**2 cups of raw almonds**

**4 cups of water**

## Directions

1. Soak the almonds overnight OR boil them for about 30 minutes
2. Drain the almonds and add them to a high-power blender
3. Blend until smooth
4. Strain the blended mixture through a fine mesh bag
5. Add parchment paper to your trays
6. Pour the milk into your trays
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 29 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of cold water to 1 cup of freeze-dried milk. Stir or shake in a jar. Enjoy

**Notes:** You will get a smoother consistency with a high-powered blender like a Vitamix. When blending the nuts and water, add a splash of vanilla for flavor or a couple of dates for sweetness. Save the leftover almond pulp and add it to smoothies, granola, or make almond flour.

## Nutritional Value Per 1 serving

Calories: 330 Protein: 12 g Fat: 28 g Carbohydrates: 12 g Sugar: 2 g Fiber: 7 g