

# Almond Milk

1 recipe filled 1 Medium Freeze Dryer Tray\*

[Live Life Simple's: Freeze Dried Almond Milk & Cashew Milk WITH RECIPE! Harvest Right Freeze Dryer](#)

## Ingredients:

2 C Almonds

Water

4 C Water



## Directions:

1. Put the 2 cups of Almonds in a bowl, and pour water over until about 1 inch over the top of the almonds and let sit overnight. (If you don't have time to let them soak you can boil for an hour instead)
2. Put Almonds in a colander and rinse and let drain a little.
3. Add Almonds to 4 Cups of water in your blender. Blend until creamy (I prefer a vitamix)
4. You can add flavoring at this time if you want.
5. Strain the Almond milk through a straining bag after blending to remove any grainy almonds.
6. Pour onto trays then freeze dry. You can pre freeze it if you want.
7. Store Appropriately (See Tips and Tricks for storage help)

Almond milk seems a little oily, not sure that this would store long term.

**Cycle Time:** My cycle time was 29 hours for 4 trays of milk products

**Rehydration:** 1oz of powder to 5.5oz of Water



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray