

Almond Milk



Food Item	Quantity
Almonds	10-20
Water	1 cup

Serving Size: 1 cup

Procedure:

1. Soak the 10-20 almonds overnight or up to 2 days.
2. Drain and rinse the almonds.
3. Combine the almonds and water in a blender.
4. Blend at the highest speed for 2 minutes.
5. Strain the almonds.
6. Press all the almond milk from the almond meal.
7. Refrigerate almond milk.

Nutritional Info:

Fats	
Carbohydrates	
Proteins	