

How to Make Your Own Almond Milk

1 ½ cups raw almonds, soaked overnight

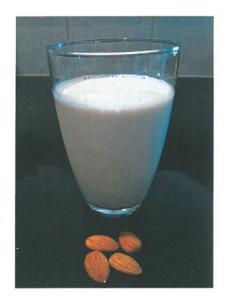
3 ½ cups water

Pinch of salt

3 large dried dates, pitted

1 tsp vanilla

Combine all ingredients in a powerful blender and blend at high speed for three minutes. Store in glass container for up to one week. Deliciously fresh!!! Enjoy!



P.S.: Almonds can be substituted with Cashews, Macadamia or Brazil nuts.



For a creamier version, once almonds are soaked, they can easily be skinned.