

Almond Milk

Ingredients

1 cup raw almonds

3 ½ cups water (more if you want it thinner and less if you want it thicker)

Cheesecloth or a nut milk bag



Directions

1. In a large bowl, combine almonds with enough water to cover by a few inches. Cover and let sit in the refrigerator overnight or up to 2 days (the longer they soak, the better the almond milk).
2. You will see that the almonds plump up!
3. Rinse and drain almonds, then place in blender or food processor with 3 ½ cups of water. Blend on low and work up to high speed for at least 1 to 2 minutes. If you are using a food processor, blend on high for 4 minutes, scraping down the sides halfway through.
4. Line another bowl with the cheese cloth and pour pureed almond mixture over the cheese cloth.
5. Gather on all corners to form a "bag" and start squeezing.
6. Continue to wring and squeeze until all the liquid is out and you are left with dry almond pulp.
7. Pour the almond milk into a glass container (with tight fitting lid) and refrigerate. You will want to use the almond milk within 3 days.

Tips:

- If you don't have a very powerful blender, add just a little water to start with and then once the almonds are blended add in the rest.
- You can add vanilla, cinnamon or other flavorings. You can also sweeten the almond milk if you want to by adding honey, maple syrup or even dates while it's in the blender.
- You can use cheesecloth, muslin, swiss voile or special nut milk bags to filter out the pulp.

Nutrition Content: the nutrition content is hard to determine since it will depend on how much water you use, how much pulp is strained out, etc. This recipe, using 3-4 cups of water will be about 40 calories, 4g total fat, 0g saturated fat, 0mg cholesterol, 5mg sodium, 1g carbohydrate (1g dietary fiber, 0g sugar), and 1g protein per cup.

Lavender Infused Walnut Milk

Recipe Adapted from: [Mountain Rose Herbs](#)

Ingredients

1 cup raw walnuts
½ cup lavender flowers
1 teaspoon vanilla extract
2-4 cups water (depending on how thick you want it)
Honey or maple syrup to sweeten (optional)



Directions

1. Soak walnuts in water overnight. Strain and rinse well. Place walnuts in food processor or blender with 2-4 cups water, lavender, and vanilla. Blend. While the food processor is running, drizzle in a little honey or maple syrup.
2. Line a bowl with cheesecloth and pour pureed mixture into bowl. Strain off as much liquid as possible and save your lavender walnut pulp!
3. You can store the walnut pulp in the fridge and use in oatmeal, smoothies, cookies, or recipes like [THIS!](#) Yum! Your walnut milk should keep in the fridge for about one week, the fresher the better!

Nutrition Content: nutrition content is hard to determine since it will depend on various factors such as water content, added sweetener, amount of pulp left in or strained out, etc.