Almond Milk

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A lower calorie delicious alternative to shop bought almond milk, surprisingly very easy to make and lasts 4-5 days in the fridge. The only piece of equipment I would strongly suggest buying is a nut straining bag, Amazon do a great one that comes with a litre glass bottle to hold the finished milk in too for £9.99 – here

Makes 1 litre

INGREDIENTS

115g raw almonds
1 litre of filtered water
2 dates pitted
1 tsp vanilla extract

METHOD

1. Soak the almonds in a bowl of cold water overnight

2. Strain the almonds and then add to a food processor along with the dates and 250ml of water, blitz for a few minutes until a smooth consistency is formed.

3. Add in the rest of the water (depending on how thick or runny you would like it, vary the amount of water you add to a consistency that works for you) and pulse again

4. Pass the liquid through a nut straining bag over a bowl, squeeze out as much juice as you can. You can either discard the pulp that remains or use in other baking

5. Pour into your litre bottle and its ready to use, how easy is that!

Variations – you could add a little cocoa powder to make chocolate almond milk, or berries to make a fruity version (I like a cup of mine chilled and blended with blueberries and raspberries for a wonderful summer vegan milkshake). If you like it a little sweeter then just add another date.

TOTAL CALORIES PER 50ml – 31 cals. Macro split Fat 2.1g Carbs 2.7g Protein 0.9g



ENJOY! If you opt for Almond Milk, please do share a picture!