



## **Almond Milk**

1 cup whole, raw almonds, soaked 8-12 hours, drained, and rinsed (about 1 1/2 cups after soaking)  
2 1/2 cups water  
3 pitted dates, soaked  
1/2 teaspoon vanilla extract, optional

Place 1 1/2 cups of the water and the almonds, dates, and vanilla in a blender. Blend on high speed until very smooth. Add the remaining 1 cup water and blend until smooth. To separate the "milk" from the almond skins and pulp, squeeze the blended mixture through a double layer of cheesecloth or through a sprout bag. Serve at room temperature or chilled. Stored in the refrigerator, Almond Milk will keep for five days.

**Makes 2 1/2 cups**

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