



Almond Milk

15'

Hands on

12 hours'

Hands off

500 g

Portion(s)

1

Difficulty



Ingredients

- 200 g raw almonds, skin on
- 750 g water, good quality water
- 1 teaspoon salt
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract, optional
- 2 tablespoons honey or agave syrup or maple syrup (optional)

Διατροφικός πίνακας

Nutrition information per 100 gr.

191 Calories (kcal)	15.0 Total Fat (g)	1.2 Saturated Fat (g)	6.2 Total Carbs (g)
10%	21%	6%	2%
5.5 Sugars (g)	6.6 Protein (g)	3.4 Fibre (g)	0.66 Sodium (g)
6%	13%	14%	11%

Method

Almond Milk!

Absolutely delicious and just right for a balanced diet, especially for those who have issues with lactose... It is necessary to soak the almonds beforehand! This is because the raw almond seeds contain certain substances that are harmful to our health. It helps if the water the almonds soak in is warm, acidic and a little salty, so add some salt and lemon juice to it!

- In a jar (500 ml) add the almonds, 250 ml water, salt and lemon juice.
- Seal the jar tight and shake 2-3 times to combine all of the ingredients.
- Refrigerate for 12 hours.
- After 12 hours, remove from refrigerator and transfer contents to a bowl with a strainer inside it.
- Rinse the almonds with plenty of water.
- In a blender, add the almonds, remaining water, vanilla extract and honey. Beat for 2-3 minutes.
- Place a strainer in a clean bowl and line with a clean kitchen towel.
- Transfer all of the contents of the blender in to the lined strainer in the bowl. Press down on it so that only the milk remains. (This process is done so that the milk is nice and smooth without any bits of almond in the milk.)
- Pour the milk in to a bottle. It can either be consumed immediately or be stored in the refrigerator for 2-3 days.

Tip