

RAW ALMOND MILK

Ingredients

- 1 cup raw almonds
- 2 medjool dates
- 5 cups water

*******SOAK ALMONDS OVERNIGHT!*******

Directions

- I always forget to soak the almonds so I tried to put it in bold & all caps so maybe you won't forget. To soak the almonds, place them in a bowl and cover with water at least one inch. Let them sit on the counter uncovered overnight. If you don't remember to soak them or if you don't have time, you will have to blanch the almonds. Here are the instructions for that:
 - Heat a pot of water until it boils
 - Add the almonds to the boiling water and let them boil for 3 minutes
 - Remove the almonds from the water
- Remove the skins of the almonds by pinching them in your fingers
- Put 5 cups of water in the blender along with 2 pitted medjool dates and the cup of skinned almonds
- Blend until white and the particles are almost invisible
- Strain through a mesh sieve or a cheesecloth (or both) into a pourable bowl
- Strain again into a wide mouth jar (I use a funnel for greater ease)
- Refrigerate and use within a few days