

Healthy Homemade Almond Milk

Check out this super easy and ultra healthy homemade almond milk recipe!

Makes: approximately 4 cups (or 8 servings)

Ingredients:

- 1 cup raw almonds
- 4-5 cups water
- 1 tsp pure vanilla extract (optional)
- Pinch sea salt (optional)

Directions:

1. Soak 1 cup of almonds in salted water overnight. This helps make the almonds easier for our bodies to digest.
2. In the morning, rinse almonds with water in a strainer.
3. Blend 1 cup of soaked almonds with 4-5 cups of water. The less water you use, the creamier and richer the almond milk will be.
4. Strain through a nut milk bag or cheesecloth into a large mason jar. Add sea salt and vanilla extract if desired, and shake well.
5. Refrigerate and enjoy for up to one week!



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