Almond Milk

Ingredients

- 1 cup of raw blanched or activated Almonds
- 3 cups ofwater
- Pinch salt

- ½ teaspoon vanilla powder , or your choice of flavourings such as cinnamon, nutmeg or stevia(optional)

Other requirements

Blender
Nut bag (or fine-meshed sieve or a double layer of cheesecloth.
Jug (to store the milk in the fridge)

Method

1. Place the Almonds in and water into the blender. Blend on high for 1 minute. Thermomix blends for 60 seconds on speed 9.

2. Strain the liquid through the nut bag. Press all of the Almond milk from the Almond meal. Add the flavourings (optional). You can add the flavourings into the blender, but then the left over Almond meal will also be flavoured.

3. Store in the refrigerator for up to 3 days.