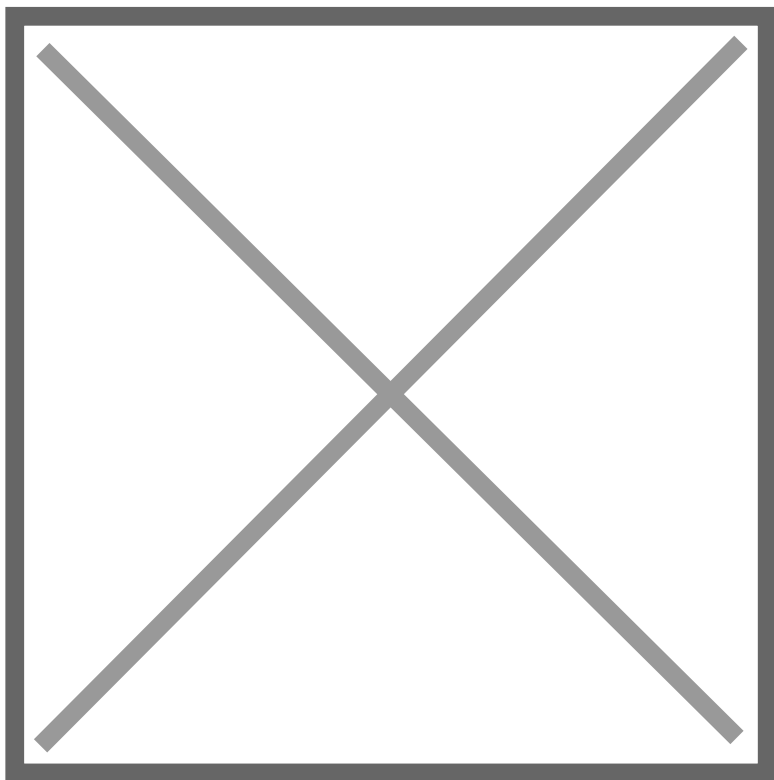


Almond Milk



Yields	4 servings
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Ingredients

- 150 g almonds
- 1 l water
- 0.25 tsp salt
- 1 tbsp (optionally) date or maple syrup

Instructions

1. Soak almonds in water for at least 4 hours. Just fill the water until it covers all almonds.
2. Drain the water. Add all ingredients to blender. Blend for 1-2 minutes.
3. Strain almonds through a cloth. Squeeze all the milk out of the pulps.

Tip: You can use the almond pulps for granola.

Revision #2

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