

# Almond Milk

This is a really simple recipe – and once you have made your own, you will wonder why you ever purchased it! (and this way there are no preservatives either)

## Ingredients

1 cup Almonds

3 cups Water

## Method

Soak your almonds overnight (just cover them in water and leave – this activates your nuts and makes your nut milk even more nutritious.....if you are low on time, this step can be skipped).

The next day (or after approx 8 hrs), rinse your nuts using a sieve, and place them in a high powered blender.

Add 3 cups of water.

Blend.

Use a nut milk bag/Calico & pour your milk through.

You will be left with milk, and your very own Almond meal -Yaya – great for smoothies, banana bread, pizza bases etc)

Keep your milk in the fridge, and use within 3-5 days ☺



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