

Vanilla Almond Milk

Vegan, gluten-free, grain-free, no bake/raw, oil-free, refined sugar-free, soy-free
By Angela Liddon

Creamy, lightly sweet, and so satisfying—homemade almond milk is a true luxury! My favorite flavor combo is a whole vanilla bean, a couple Medjool dates, cinnamon, and a pinch of sea salt. The secret to an intense vanilla flavor is blending the entire vanilla bean; just chop it up and toss the whole bean into the blender. Not to worry if you don't have one on hand though: a half a teaspoon of vanilla extract will work just fine in a pinch. This milk is delicious served with cookies, cereal, in a smoothie, or on its own.

YIELD- 3 1/2 CUPS

PREP TIME- 10 MINUTES (PLUS 8-10 HOURS TO SOAK ALMONDS)

Ingredients:

- 1 cup raw almonds, soaked
- 3 1/2 cups filtered water
- 2 to 4 pitted Medjool dates, to taste*
- 1 whole vanilla bean, chopped or 1/2 teaspoon vanilla extract*
- 1/4 teaspoon cinnamon (optional)
- Small pinch fine sea salt

Directions:

1. Place almonds in a bowl and cover with a couple inches of water. Soak the almonds in water overnight (about 8 to 10 hours). For a quick-soak method, soak the almonds in boiled water for 1 hour. Rinse and drain well.
2. Place drained almonds into a blender along with the filtered water, pitted dates, and chopped vanilla bean.
3. Blend on the highest speed for 1 minute.
4. Place a nut milk bag over a large bowl and slowly pour the almond milk mixture into the bag. Gently squeeze the bottom of the bag to release the milk. This process can take a few minutes so be patient!
5. Rinse out blender and pour the milk back in. Whisk in the cinnamon and sea salt.
6. Using a funnel, pour into a large glass jar and secure lid. Store in the fridge for up to 3 to 4 days. I recommend storing in the coldest spot in the fridge (typically the back) rather than on a door. Shake the jar very well before drinking as the mixture separates when sitting.

Tips:

- * If your dates or vanilla bean are dry/stiff, soak in very hot water for 30 minutes before using. Drain well. You can use another sweetener of your choice like maple syrup instead of the pitted dates.

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