

Sarahjoy's Overnight Almond Milk



Time

- 1 minute to set up the overnight soaking.
- 4 minutes in the morning to process and clean up.
- 5 minutes a week!

Tools

- Large bowl
- Blender
- Nut milk bag or cotton dish towel
- Glass jars.

Instructions



- Soak 1 cup of almonds for 6-8 hours (or overnight)
- Drain and rinse
- Put soaked almonds in the blender, 1 cup of almonds with 4 cups of water. Add a touch of vanilla (1 tsp) and honey (1 TBS) and a pinch of sea salt (use high quality salt!)
- Blend joyfully for 60-90 seconds
- Place your nut milk bag over a large bowl. Pour the almond milk into the bag and strain the liquid into the bowl, using your hands to wring out all of the milk. (Enjoy squeezing the milk. This is easier than milking a cow.)
- Store in sealed glass jars, up to 1 week.
- Shake to emulsify if it separates.

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