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## *Almond Milk*

### ***Ingredients:***

- 4 cups filtered water
- 1 cup raw almonds that have been soaked 4 hours (Other raw nuts such as pecans, walnuts, or hazelnuts can be used instead)
- Sweeteners and/or flavorings, such as pinch of salt, raw honey, agave nectar, vanilla, nutmeg, etc. (optional)

### **PREPARATION:**

1. Soak almonds at least 4 hours and strain.
2. Place filtered water and soaked almonds in blender or food processor.
3. Blend on high speed for 2 minute.
4. Pour contents from blender through nut milk straining bag.
5. Close bag and strain almond milk by squeezing milk through bag.
6. If desired, add sweeteners and/or flavorings.

Enjoy!

Note: Nut milk bags can be found on the internet. Alternatively, you may use cheesecloth, any bag made of fine mesh, or a fine-mesh stainless steel strainer.