

## Almond Milk

1 1/2 cups raw almonds soaked 12-24 hrs.

8 cups pure water

1/2 teas. Vanilla (optional)



When the almonds are done soaking, rinse, drain and put them in a high power blender (such as a Vita mix). The almonds will have swollen to about double their original size. Add enough water to make 7 cups total (about 4 cups). Turn on blender and slowly turn up to high speed and let blend for 1-2 minutes. Pour the milk through a strainer into the bowl that you soaked the nuts in. Put the pulp back into the blender and add about 4 more cups of water. Blend again on a med speed for 1-2 more minutes and strain again into the bowl with the first batch. Mix in the vanilla and pour from the bowl to a storage container and place in the fridge. Makes about 2 quarts. (If you like a more dense milk, cut the water down to 5-6 cups and/or do not strain).