

# Homemade Almond Milk

This is a simple recipe to make after soaking the almonds but does require a nut milk bag or cheesecloth and a blender. The nut milk recipes in Vegan's Friend will always be listed as an ingredient as opposed to adding each ingredient one by one due to the fluctuation in the nutrient composition. Please see ingredients and directions in the "Directions" table of this page down below.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 30 mins

Cooking time: 0 mins

Category: Juices and other drinks

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Raw

## Ingredients

Whole Raw Almonds, Soaked	1 cup
Filtered or pure spring water	4 cups

## Instructions

### Prep

1. To soak the almonds for this recipe, place in a bowl and 2 cups of filtered or pure spring water. Always make sure to use filtered or pure spring water to make nut milks.
2. Cover and set aside for at least 30 minutes or up to 12 hours. This can also be done overnight. If you are soaking the almonds at room temperature, don't forget to change the water every 3 hours. If you are soaking the almonds in the fridge, then you can keep the same water.
3. When the soaking time has been completed, drain and discard the water. Rinse the almonds under cold running water until the water runs clear.

### Directions

1. In a blender, combine the soaked and drained almonds and 4 cups of filtered or spring water. Blend at high speed for 30 to 60 seconds or until the liquid becomes milky white and no visible pieces of almond remain.
2. Pour into a nut milk bag, placed over a pitcher that is big enough to hold the liquid and then strain the milk out of the bag. Start at the top of the bag and using your hands, squeeze in a downward direction to extract the remaining milk.
3. Cover and refrigerate the milk for up to 3 days. Discard the pulp or save for another use.