

freshly pressed almond mylk

gluten / dairy / naturally
FRIENDLY FREE SWEETENED

makes 1L

ingredients:

x1 almond mylk kit (includes 1 C almonds)

3 C water

optional:

1 Tbsp maple syrup* or preferred sweetener

pinch of pink salt

*Item not available online but is available in your local GoodFor store.

method:

Place almonds in a large bowl and cover with cold water. Leave to soak for at least 12 hours or overnight.

Drain the water from the almonds then add the almonds, 3 C water, optional maple syrup and salt to a high speed blender.

Blend for 2 minutes until it is smooth and creamy.

Place a nut mylk bag or muslin cloth in a large bowl. Pour the liquid from the blender into the bag. Gently squeeze the nut mylk bag until no more liquid remains in the bag.

Pour the almond mylk into a bottle or jar and store in the fridge for up to five days.

