



Flourishing Kitchen

Homemade Almond Milk Recipe

Raw. Vegan. Gluten-free.

Prep Time: 10 mins | Soak Time: overnight | Total Time: 10 mins

Serving size: 2 cups

Recipe Ingredients:

- ½ cup raw almonds (pre-soak overnight)
- 1 pitted date
- 2 cups filtered / bottled water (not tap)

You Will Need:

- Blender
- Nut milk bag or muslin cloth
- Large Bowl
- Lidded jar



Recipe Directions

1. Discard the soak water and rinse the almonds. Now add them to your blender with the filtered water and dates. Blend until smooth.
2. Strain the liquid through your nut milk bag or muslin cloth into the bowl. Squeeze as much liquid out of the bag as possible (*I love this bit*) into the bowl leaving the pulp at the bottom of the bag/cloth as dry as you can.
3. Pour your fresh raw almond milk into a sealable container and store in the fridge for up to 3 days.

Makes 2 cups raw almond milk in total.

Recipe Notes

This recipe can be easily doubled to produce a larger quantity. If you prefer a creamier and stronger tasting nut milk you could use less water.

By popping the skins off the soaked almonds before blending you'll get a whiter, creamier almond milk.

It's quite common to add a pinch of sea salt or pink himalayan salt to the blender. I prefer the taste without salt which is why I don't include it in my recipe.

Try different flavours by adding a pinch of cinnamon or a few drops of vanilla essence.