



*Eternal Health*

OPTIMUM NUTRITION AND INSPIRED LIVING

Almond Nut Milk makes 1 litre approx

GL Per Serving: N/A

### Ingredients

1 cup of almonds

4 cups (1 litre) filtered water

A dash of vanilla extract (1/2 tsp)

1 pinch of sea salt



### Method

Place the cup of almonds in a glass bowl. Cover with water and soak for 4 hours or over night.

Next morning, drain the almonds and rinse.

Place the almonds in a high-speed blender or smoothie maker. Add 4 cups of filtered water.

Add a dash of vanilla extract (roughly 1/2 to 1 tsp) or to taste, plus a pinch of sea salt.

Blend on high speed until it looks like milk.

Drain through a sieve lined with muslin cloth into a jug (or leave the bits in, if you prefer).

Then pour the milk into a bottle of your choice and keep in the fridge for up to 4 days.

#### *TIP*

*Swap the nuts for hazelnut, macadamia or Brazil nuts for a change. Use to make smoothies, porridge, pancakes or in your coffee.*