

# HOMEMADE ALMOND MILK

Jay  
Halford

 Makes 1.5litres

 Total Time: 10min

 Prep: 12hr (soaking time)

 Storage: 5 days (freezes well)

## Ingredients:

- 250g activated almonds
- 1L filtered water
- 20ml coconut nectar
- 1/2 teaspoon of pink himalayan salt
- 1/2 a Teaspoon of ground cinnamon

Equipment needed: Measuring jug, blender, fine sieve, large mixing bowl

## Method:

Activate your almonds by soaking your nuts

In a high speed blender place your almonds and water.

Blend on full speed for about 2 minutes to make sure that its as smooth as possible with as little bits in as possible.

Strain your milk through a really fine sieve or use a nut milk bag

Keep the pulp as you can use it for many things

Put your milk back into the blender

Add in your cinnamon, salt and coconut nectar

Blend again just for 10 seconds to incorporate the other ingredients

Drink and enjoy, or use for smoothies bases, in your tea and coffee and many many other things.

## *Top Tips*

How do I activate my almonds?

Activating is something that I do to enhance the nutrients that you are getting out of your nuts and seeds. Its as simple as just soaking them in filtered water. This breaks down the nuts and makes them a lot easier for you body to digest. I soak hard nuts or nuts with shells overnight or as long as 24 hours and soft nuts like cashews for only 2-4 hours. When you soak nut they can start to ferment so before you use them make sure you drain them off and give them a quick rinse. Do not use any of the water that you have been soaking them in.