



THE ESSENTIAL ALMOND MILK RECIPE

Vata ↓, Pitta ↓, Kapha ↓

Makes: 4 cups

Prep Time: 15 minutes

INGREDIENTS

- 4 cups water
- 40 almond, soaked and peeled (plus 2 to 24 hour soaking time)

DIRECTIONS

1. Soak the almonds in a cup of water for at least 2 to 4 hours to soften the skins. They can be left to soak overnight if time permits.
2. Once the almonds have been soaked thoroughly, strain them and discard the water.
3. Peel the almonds by squeezing each one with your index finger and thumb. This should allow easy removal and should only take a few minutes altogether.
4. Place 4 cups of water and the peeled almonds into a high speed blender.
5. Blend on high for 3 to 5 minutes depending on the strength of your blender.
6. After the blending is complete, strain the milk into a glass quart jar using a fine mesh strainer, cheese cloth or thin dish cloth to remove any excess pulp or unblended chunks.
7. Store in an airtight jar and refrigerate for up to 3 to 4 days. Some separation is normal, so it is recommended to shake the jar before each use.

ADDITIONAL TIPS

- Use this basic almond milk as a base to any oatmeal, smoothie, or porridge.
- Replace dairy milk in any recipe for a healthy, dairy-free alternative.
- Make delicious non-dairy Golden Milk with this recipe!.
- Vata and Pitta types can add in 1 to 2 tablespoons of maple syrup, or 2 to 4 soaked dates for added sweetness.
- Kapha and Vata types can add in 1 to 2 tablespoons of honey for added sweetness.
- Some other great additions are vanilla extract, cinnamon, cardamom, and ginger for added flavor and health benefits.
- To create chocolate almond milk, add in 1 to 2 tablespoons of unsweetened coco powder (or cacao) along with dates, honey, or maple syrup.