

## Almond Milk (GF, CF, SF)

### Ingredients:

1 Cup Raw Almonds

3 Cups Filtered Water

**Optional:** 1 Cup Pitted Dates (boiled, strained and cooled) *OR*

1 Cup Dried Apricots (boiled, strained and cooled) *OR*

1 Cup Fresh Orange pieces

### Directions:

Soak raw almonds in a bowl of water overnight. Drain and rinse. Place almonds in blender with 3 cups filtered water, blend until smooth (approximately 2 minutes). Note: Blending too long will cause the milk to become “gritty”, not good. Strain this almond, water mixture and refrigerate.

Optional: After straining almond milk mixture you can place the almond milk back into the blender and add the fruit of your choice. Blend thoroughly. You can also add ice cubes to make this drink into a frothy, cool “milkshake”.

Note: I read somewhere that packaged dates can contain certain bacteria and that boiling for a few minutes would correct this. Also found that boiling and cooling the dates/ apricots softened them, causing them to blend better and create a smoother shake. Most fruits will work, so experiment with your favorites, however, I found that blueberries do not blend well with this almond milk...makes a curdled mess.

**Submitted by:** Cheryl (compliments of Raj)