

Almond Milk

Pampered Chef
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Method

Ingredients

1 cup raw, blanched almonds
4 dates
Dash of salt

-Blend until very smooth with enough water to cover nuts and dates

-Once the blended mixture is a smooth cream, add enough water to make 1/2 gallon or two quarts. If you are going to consume the milk right away, blend some ice cubes in as part of the water to cool down the cream.

-May add 1 vanilla bean to blending cream for a special flavor.

-This milk separates when it sits for a while because it has lots of fiber. Just give it a whirl and it will be back to normal once again.

-Keeps refrigerated for about 7-10 days.



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4.9 ★★★★★

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