



HOMEMADE ALMOND MILK



Tags: [Kapha](#), [Pitta](#), [Vata](#)

Prep Time: 3 Min

Cook Time: 3 Min

Serves: 4 Cups

Directions:



1. Place almonds and dates in two separate bowls, cover each with filtered water.
2. Soak both overnight.
3. Rinse almonds and place in a blender.
4. Reserve the date water and discard the seeds.
5. Place dates, date water, salt, and 4 cups of filtered water in the blender.
6. Blend well, about 1-2 minutes.
7. Place open nut-bag into a large bowl or pitcher and pour liquid from blender into the bag.
8. Holding it over the bowl/pitcher, allow the liquid to strain from the bag, tie up the bag and wring out the remaining milk from the pulp.
9. Decant almond milk into your glass jar of choice and refrigerate. Will stay vital for 4-5 days.

Use your homemade milk in my favorite [milk frother](#) for chai or golden milk lattes!

Ingredients:

- 1 cup organic almonds
- 4 cups filtered water
- 3 medjool dates
- 1/4 teaspoon salt

Making homemade almond milk is simple and more satisfying than the store-bought kind. Most store-bought almond milk contains additives such as carrageenan which can cause inflammation and ama or toxins in the body. Almonds are high in protein, about 30 grams for 1 cup of whole almonds. They are sattvic in nature, can build ojas, immunity, and can support the production of healthy dhatus or bodily tissues. However, most store-bought almond milk contains only about 2% almonds and therefore are less nutritional. So, up your nutritional ante and the nutritional bang for your buck and make your own!

To strain your milk, you'll need a nut bag I've tried many brands of nut bags, and my ALL time favorite bag is [Ellie's Best!](#) You will NEVER have to buy another nut bag; it's super strong and leaves zero pulp in your milk, dries quickly, and has a drawstring that makes for easy squeezin'!

This is your official step-by-step guide (with pictures!) to making Christina's homemade almond milk + turning that **almond milk** into **golden milk**. Pro tip: if you'd like a printable/condensed version of these recipes, click the links above!

Here we go...



Gather your ingredients: three dates and one cup of organic almonds. Place almonds and dates in two separate bowls, cover each with filtered water. Soak both overnight.

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Gather your ingredients[/caption]

Strain the soaking water from the almonds, and rinse the almonds with fresh water. Remove and discard the seeds from the dates. Place rinsed almonds, pitted dates, date water, $\frac{1}{4}$ teaspoon salt, and 4 cups of filtered water in the blender. Blend well, how long you need to blend will depend on your

blender, you want it as smooooth as possible.

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Blend until as smooth as possible[/caption]

Place open **nut-bag** into a large bowl or pitcher and pour liquid from blender into bag. Holding it over the bowl/pitcher, allow the liquid to strain from the bag, tie up the bag and wring out the remaining milk from the pulp.

[caption id="attachment_27955" align="alignnone" width="372"]



Strain the liquid[/caption]

YAY ... seriously gorgeous almond milk (who says that about ALMOND MILK?) but seriously.

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Gorgeous Almond Milk[/caption]

BONUS! ALMOND MEAL! Spread the almond pulp out onto a cookie sheet. Set your oven to 200 degrees, or use a toaster oven or a dehydrator. Allow the pulp to dry completely - about an hour. Once dry, place in food processor or blender and pulse until you have flour like texture - usually just takes a few pulses. Store in a glass airtight container, we recommend in your fridge, for up to year. I use this to coat okra in the summer, fish, homemade pancakes, or coating tofu.

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Bonus! Almond Meal[/caption]

Decant the almond milk into a glass jar and refrigerate. Will stay vital for 4-5 days.

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Decant and refrigerate[/caption]