

Shopping List

Produce

Medjool dates

Bulk

Raw organic almonds

Vanilla bean (optional)

Sea salt



Check out our recipe blog at
www.communityfoodcoop.wordpress.com
You can sign up to receive recipes periodically via email or RSS feed.

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Source: Sassy Sampler

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Almond Milk



Community
FOOD CO'OP

Almond Milk

INGREDIENTS

1 c raw, organic almonds

4 c filtered or spring water (cold)

Pinch of sea salt

3-7 fresh Medjool dates (optional, for sweetness), split in half and pit removed, **soaked for at least 30 minutes** and up to 3 hours

Vanilla bean, cut in half and one side scraped and reserved (optional) OR 1/2 t pure vanilla extract

(I think 5 dates is the perfect sweetness—*Sassy Sampler*)

INSTRUCTIONS

1. Soak almonds in fresh water for **at least six hours** or overnight (if you choose to soak overnight, then cover and refrigerate the almonds).
2. Drain and rinse soaked almonds.
3. Using a blender or Vita Mix, add almonds to blender with 2 cups of water. Blend until it is relatively smooth (all the noticeable chunks are gone). Add the sea salt.
4. Add dates and blend to fully combine—3 dates will be slightly sweet and 7 dates will be similar to store-bought almond milk sweetness.
5. Add remaining 2 cups of water and blend to combine (depending on the size of your blender, you may need to hand mix in the remainder of the water).
6. Add vanilla bean seeds or extract if using and blend to combine.
7. Strain mixture into a large bowl or pitcher, either using a metal fine-gauge strainer set over the bowl or a nut milk bag*. If using a strainer, I recommend adding a square of folded cheesecloth and straining through that—you can gather up the corners and squeeze out all the milk much more quickly than using just a strainer.
8. If using a strainer and no cheesecloth, use the back of a spoon or rubber spatula to gently push the milk through the strainer (don't push

down too hard or you will get some of the pulp in the milk).

9. Refrigerate for up to 4 days in a covered container. Because this is a raw drink, there may be separation after it sits—just mix and enjoy!

*A jelly straining bag is the easiest tool to use to strain the milk, in my opinion.

You can use the leftover pulp in many ways:

- Put it in a dehydrator and you will get almond flour
- Mix a tablespoon or two into your oatmeal/hot cereal.
- Mix with a little honey or agave and spread it on a baking sheet—bake at 350°F until crunchy.
- Add to smoothies
- Check out <http://pinterest.com/source/almondpulp.com> for more almond pulp ideas!

Almond milk is a tasty way to add heart-healthy fats to your diet!



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Makes about 4 cups