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# Almond Milk (Homemade Organic)

By About.com Vegetarian Food

## Ingredients:

- 1 cup raw organic almonds
- water for [soaking nuts](#)
- 3 cups water
- 2 dates (optional)
- 1/2 tsp vanilla (optional)

## Preparation:

[Soak the almonds](#) in filtered water overnight or for at least 6 hours.

Drain the water from the almonds and discard. Blend the 3 cups of filtered water, almonds and dates until well blended and almost smooth.

Strain the blended almond mixture using cheesecloth or other fine-mesh strainer.

Homemade raw almond milk will keep well in the refrigerator for three or four days.