

Homemade Almond Milk (Vegan, Gluten-Free, Soy-Free)

Recipe Ease: This homemade "milk" takes a little elbow grease, and may be a bit pricey. But, if you are looking to make your own, it is a good option.

Ingredients:

- 4 ounces of Sweet Almonds
- 6 Bitter Almonds
- Orange-Flower Water
- 1 quart of Water

Directions:

Blanch the almonds, and grind them in a nut mill. Pound them in a mortar a little at a time, adding occasionally a drop of orange-flower water, to prevent oiling. When they are well pounded, return them to the mortar, and pour the cold water over them, mixing well. Place a cloth over the mortar, put a plate over that, and let them stand four hours. Strain and bottle for use.