

## All-Natural Almond Milk (Vegan, Gluten-Free, Soy-Free)

Submitted by Gizmo - Homemade Almond Milk, Yum!

### Ingredients:

- 1 1/2 cups of raw almonds, soaked in water overnight
- 4 cups of filtered or spring water
- 3-5 dates (optional)

Blend 1 1/2 cups of raw almonds that have been soaked overnight in 4 cups of water. Blend with dates if you like your milk with a hint of sweetness. Strain once to remove almond granules. It can be stored safely for 3-4 days in the refrigerator.