

Almond Milk

Almond Milk is typically made from ground almonds, filtered water, and a small amount of sweetener (i.e. brown rice syrup).

Taste: Almond milk can best be described as a lightly sweet non-dairy beverage with a delicate almond flavor.

Uses: The nutty flavor in Almond Milk can be a plus in various desserts. It has become my personal favorite for smoothies. However, Almond Milk is best left to sweet dishes, it doesn't taste quite right in most savory dishes.

Purchase: Almond milk is a hot commodity at present, with Pacific Almond Non-Dairy Beverage and Blue Diamond's Almond Breeze as the first varieties to hit the mainstream marketplace. Between the two of them, the old standby flavors of original, vanilla, and chocolate, are covered. Order online, or look for almond milk in aseptic packages on natural food shelves, next to the soy milk, in most major grocery stores.

Storage Tips: Almond milk will keep for 7 to 10 days; refrigerate after opening.

Making Your Own: Since almonds can be a bit pricey, I prefer to purchase Almond Milk, however, there are many recipe options for homemade versions ranging from creative to quick and simple.

Recipes:

- Homemade Almond Milk
- All-Natural Almond Milk
- Quick Almond Milk
- Dessert Almond Milk