

HOMEMADE STRAWBERRY ALMOND MILK

Serves 2



INGREDIENTS FOR ALMOND MILK

2 cups raw almonds
4 cups filtered water

INGREDIENTS FOR STRAWBERRY MILK

1 cup plain almond milk
1 ½ - 2 cups frozen strawberries
2 tsp. agave syrup (adjust depending upon the sweetness of your berries)

Place the raw almonds in a container and fill the container with filtered water. Place the container in the fridge overnight to soak.

Rinse the soaked almonds under cold water. Place the clean soaked almonds in your Vitamix or blender with 4 cups of water and blend until smooth (2-3 minutes).

Put the nut milk bag into a large bowl. Pour the almond mixture into the nut milk bag and squeeze the liquid into the bowl. Once all of the liquid is out of the bag your plain almond milk is complete. Reserve the nut pulp for another recipe.

Rinse out your blender. Pour 1 cup of the plain almond milk into the blender. Start the blender and add the frozen strawberries one at a time through the opening in the lid. Blend until smooth. Add the agave syrup and blend again. Taste the strawberry milk and add more sweetener if needed.

Store the remaining plain almond milk in the fridge for later use (I store mine in a mason jar).