

Almond Milk

adapted from [Vegetarian Cooking for Everyone](#) by Deborah Madison
printed from Smells Like Food in Here

1 c whole almonds

3 c water (not including that used for boiling)

Set a saucepan of water to boil. Add almonds.

Almost immediately, the almonds will gradually float indicating the skins are loose.

Boil almonds 1-3 minutes before draining.

Spread on baking sheet to cool enough to handle, just a few minutes.

Peel almonds by pinching between thumb and forefinger.

They will go flying if you aren't careful.

Place 3 cups of water in a blender and add the almonds. Cover blender and blend.

The mixture will be foamy. Filter, if desired.