

Edible Perspective

2.20.13

Homemade Almond Milk vegan, gluten-free // yields 32oz milk // yields ~1 cup almond pulp

- 1 cup raw almonds
 - 3 1/2 cups water
 - water for soaking
 - nut milk bag *[the one I have]*
1. Cover almonds with cool water and soak overnight or for at least 4 hours. Or, cover almonds with water in a pot and bring to boil over medium heat. Turn off the heat, cover and let sit for 1 hour.
 2. Rinse and drain the soaked almonds then place in your blender with 3 1/2 cups water.
 3. Blend starting on low and working to high for about 30-60 seconds until fully blended.
 4. Hold the nut milk bag over a large bowl and pour the milk through the bag.
 5. Let the milk strain by squeezing the bag from the top down. The squeezing process should take about 2-3 minutes until no more liquid comes out of the bag.
 6. Pour into a 32oz sealable container and refrigerate for 2-4 days. Shake before each use.
 7. Remove the leftover pulp from the bag and store in a sealed container in the fridge for 3-4 days. Yields just over 1 cup of loosely packed almond pulp.

tips/substitutions: You can make this using a variety of nuts and seeds and even things like oat groats. Sometimes the amount of water to nuts/seeds/oats will vary depending on the flavor and creaminess you like. You can also experiment with sweetening the milk in a variety of ways: soaked + pitted dates, warmed honey/maple syrup, or a few pinches of your sweetener of choice. Make sure they fully blend in the milk. Things like cinnamon, vanilla, cocoa powder, etc. can also be added.

Cinnamon Peanut Butter Almond Pulp Crackers vegan, gluten-free, grain-free // yields about 140, 1-inch crackers

- 1 cup loosely packed almond pulp
 - 1/2 cup mashed banana *[egg-like consistency]*
 - 6 tablespoons peanut butter *[pourable, not oily]*
 - 1/4 cup ground flax meal
 - 2 teaspoons vanilla extract
 - 1 1/2 – 2 teaspoons cinnamon
 - 1/8 teaspoon salt
 - 2 tablespoons maple syrup *[optional]*
1. Preheat your oven to 300* F.
 2. Line 2 medium sized baking sheets with parchment paper.

3. Add all ingredients in a large bowl and mash together with a fork until fully combined. You should be left with a soft, loosely formed ball of dough.
4. Split the ball in half and place on each parchment lined pan.
5. Spread with your hands evenly and as thinly as possible. Ideally, 1/16 – 1/8-inch thick.
6. Score with a butter knife into about 1x1-inch sized crackers.
7. Bake for 30 minutes, then carefully flip each cracker over and bake for another 15 minutes.
8. Flip again and bake for another 10-15 minutes, or until deep golden brown. They will still be slightly soft when removed from the oven. Total bake time: 55-65 minutes.
9. Let fully cool. Crackers will become crunchy as they cool. Store in a sealed container on the counter for 1-3 days.

Almond Pulp Breakfast Power Bread vegan, gluten-free, grain-free // yields 1, 9x9-inch pan

- 1 cup loosely packed almond pulp
 - 1/2 cup mashed banana [*egg-like consistency*]
 - 6 tablespoons peanut butter [*pourable, not oily*]
 - 1/4 cup ground flax meal
 - 2 teaspoons vanilla extract
 - 1 1/2 – 2 teaspoons cinnamon
 - 1/8 teaspoon salt
 - 1/2 cup dried cranberries/cherries/raisins
 - 1/3 cup chopped walnuts
 - 2 tablespoons sunflower seeds
 - 2 tablespoons maple syrup [*optional*]
1. Preheat your oven to 300* F.
 2. Line a 9x9-inch baking pan with parchment paper.
 3. Add the pulp, banana, peanut butter, flax, vanilla, cinnamon, salt, and maple syrup [if using] to a bowl and mash with a fork until fully combined. You should be left with a soft/moist, loosely formed ball of dough.
 4. Mash in the dried fruit, walnuts, and seeds.
 5. Place in the pan and spread out evenly with your hands. It should be about 1/4-inch thick.
 6. Bake for 35 minutes in the pan then remove from the oven.
 7. Holding the sides of the parchment paper, remove the bread from the pan and place on a larger baking sheet.
 8. Make 4-5 slices and spread out on the pan and bake for 15-25 minutes longer. The slices should have a thick crusty exterior but still moist on the inside.
 9. The slices will firm and thicken more as they cool.

tips/substitutions: I made these with and without the maple syrup and enjoyed both versions. Do not sub applesauce for banana as it will take away almost all of the sweetness. Feel free to

sub any nuts/seeds in the bread. I do not suggest using smaller than a 9x9 pan for the bread, but you could press the dough into muffin liners to 1/4-inch thickness and follow baking instructions.