



4.9.15

Blanched Vanilla Bean Almond Milk gluten-free, vegan // yields: appx. 32oz

- 1 cup blanched almonds
- 3 1/2 cups filtered water
- 2 medjool dates, *pits removed*
- 1/2 vanilla bean, *beans scraped*

Cover almonds with water in a medium-sized pot and bring to a boil over med-high heat. Turn heat off, move to a cool burner, and cover with a tight fitting lid. Let sit for 1 1/2 hours. *Or, let almonds soak for 4-12 hours.*

Drain and rinse almonds thoroughly. Place in a blender with the filtered water and pitted dates. Blend on low working to full speed for about 30 seconds, until almonds are fully blended.

Place a nut milk bag over a large bowl and pour the milk through the bag. Squeeze as much liquid through the bag as possible.

Rinse your blender. Place strained milk back in your blender with the 1/2 scraped vanilla bean pod (beans only). Blend for just a few seconds. Pour into a 32oz jar and seal with an airtight lid. Store in the fridge for up to 3 days. Shake before pouring. It's normal for it to separate. *You can smell/taste when it has gone sour.*

Empty almond pulp into a container and store in your fridge for up to 3 days in an airtight container. Or, store in a freezer bag for about 3 months.

Notes:

- Homemade almond milk is most easily strained with a nut milk bag. They cost about \$10 (or less) on Amazon and other sites. Cheesecloth is very difficult and messy to use.
- [Almond pulp crackers + bread recipes](#)