

Home Made Almond Milk

(Recipe By Anju Kapadia)

Note; The almond milk available in retail stores has barely 2-5% almonds. It is made thick by adding the chemical Carrageenan or other thickeners which are commonly used to give thick texture to the icecreams. Carrageenan is known to cause irritable bowel syndrome in some individuals, so check the labels before buying these products. Frequently high fructose corn syrup (HFCS) is also added to the commercial almond milk as a sweetener because there is no natural sweetness to the almonds. HFCS is the most common sweetener in the sugary soda beverages and incriminated in causing epidemics of obesity and fatty liver.

Ingredients: Makes 4 cups

- One cup of almonds (soak overnight). May also add a fistful of cashews and melon or pumpkin seeds.
- Four to five cups of water
- Four pitted dates
(If no dates then add one teaspoon of honey or Jaggery)
- One quarter teaspoon vanilla or rose extract or half teaspoons of saunf for the flavor
- One tablespoon of coconut oil

Directions

- Blend almonds with high-speed water blender at high speed until well blended and creamy.
- Strain the milk through a mesh cloth, or a sieve, or a nut milk bag.
- Preserve the pulp – bake it at low-temperature of 200-250 degrees to make almond meal or flour. Store the almond meal in the refrigerator. It can be used to make muffins, add to chapatti dough, and vegetable gravies as a thickener.
- Put the strained almond milk back to the blender, add dates or jaggery, coconut oil, and vanilla extract or saunf to the blender and blend for 2-3 minutes until totally blended.
- Store in a glass container with a lid. It. Can be stored for up to a week..