

Almond Milk

Use almond milk as a substitute for dairy milk or soy milk in any dessert recipe. Puddings and pie fillings are particularly tasty when almond milk is used.

Bring water to a boil in a small pot. Drop in almonds and boil for 10 seconds. Turn off heat and let almonds sit for 2-3 minutes before draining. Transfer almonds to a cold-water bath. When cool enough to handle, remove and discard almond skins.

In a blender, combine almonds and remaining ingredients. Blend 1-2 minutes. Strain mixture through cheesecloth, squeezing out all liquid (almond milk) into a quart-sized container. Reserve almond meal in a covered container in the refrigerator. Use meal within 5-6 days in cookies or other pastries. Store almond milk in a covered container in the refrigerator, where it will keep for about 6 days.

Preparation List:

Makes 1 quart

- Water for boiling almonds
- 1 cup shelled almonds
- 1/8 teaspoon sea salt
- 1 tablespoon vegetable oil
- 1 rounded tablespoon rice malt syrup
- 4 cups cold water