



Homemade Almond Milk

4 servings
15 minutes

Ingredients

- 1 cup Almonds (raw, unsalted)
- 2 tbsps Pitted Dates
- 4 cups Water
- 1/4 tsp Cinnamon
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	222
Fat	18g
Carbs	11g
Fiber	5g
Protein	8g
Calcium	123mg

Directions

- 1 Soak almonds in water for 8-12 hours. Drain and rinse.
- 2 Combine almonds, dates and water in a blender, about 1 minute on high.
- 3 Over a large bowl or pot, strain the pulp out of the nut milk using cheesecloth or a nut milk bag.
- 4 Add cinnamon and vanilla extract to the nut milk and whisk until combined.
- 5 Divide into glasses and enjoy!

Notes

Serve it With: Drink it plain or use it in any recipe that calls for almond milk.

Storage: Refrigerate in an airtight glass container for up to 3 to 4 days. Shake well before using. It is natural for the milk to separate.

No Dates: Use 1-2 tbsp of honey or maple syrup instead.

Leftover Almond Pulp: Add to oatmeal, smoothies or vegetable/bean dips. Use as a crumble in desserts.

Make Almond Flour: Spread leftover nut pulp onto a parchment-lined baking sheet and bake at lowest setting for about 3 hours or until completely dry. Add almond meal to food processor and blend into a fine powder. Use in any recipe that calls for almond flour.



Golden Turmeric Hot Chocolate

1 serving

5 minutes

Ingredients

- 1 tbsp Cacao Powder
- 1/4 tsp Turmeric (dried, ground)
- 1/4 tsp Cinnamon
- 1 1/2 tps Coconut Butter
- 1/2 tsp Honey
- 1 cup Water (hot)
- 1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	116
Fat	9g
Carbs	9g
Fiber	4g
Protein	2g
Calcium	267mg

Directions

- 1 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes

No Cacao Powder: Use cocoa powder instead.

No Honey: Use maple syrup or stevia instead.

Nut-Free: Use oat milk or coconut milk instead.

No Coconut Butter: Use almond, cashew or sunflower seed butter instead.