



Almond Milk

Ingredients:

- 1 cup fresh almonds
- 6 cups water
- 1 tsp vanilla extract
- 1 tsp cinnamon powder
- Liquid stevia (optional)
- Cheese cloth or fine sieve

Directions:

1. Soak almonds in a bowl with 2-3 cups of water for 24 hours. Then pour out the water in which the almonds were soaking in.
2. Place almonds in a high-power blender with 3 cups of new fresh water. Add vanilla extract, cinnamon and one squirt of liquid stevia (optional). Blend until very fine, then pour through a cheese cloth or sieve until most water is extracted from the almond pulp.
3. Once the almond milk is extracted from the almonds, you may taste for consistency and desired flavor. You may need to add another cup of water so that it's not too thick.

Almond Flour

Ingredients:

- Leftover pulp from almond milk

Directions:

1. Preheat oven to 200 °F.
2. Take the almond pulp from cheesecloth or sieve and place on a cookie sheet then dry in the oven for 30 minutes. After that, leave out on your counter top overnight. When it is completely dry, blend in the blender.
3. Finally, place in a Ziploc bag and store in the freezer.