



SWEET GREENS VEGAN Almond Milk

Ingredients and tools

- 1 DATE
- 4 CUPS OF WATER
- 2 TSP OF SALT
- 1 CUP OF SOAKED ALMONDS
(SOAKED OVERNIGHT)
- 4 CUPS OF WATER
- MILK BAG OR CHEESE CLOTH
- BLENDER WITH HIGH SPEED
- MILK GLASS



Directions

- SOAK ALMONDS IN WATER OVERNIGHT
- ADD SOAKED ALMONDS, SALT, PITTED DATE AND 4 CUPS OF WATER TO BLENDER
- BLEND INGREDIENTS FOR 5 MINUTES
- TRANSFER TO MILK BAG OR CHEESE CLOTH AND STRAIN
- ADD MILK TO A MILK GLASS AND STORE FOR UP TO 5 DAYS
- OPTIONAL: SAVE ALMOND PULP FOR FUTURE USE IN BAKED GOODS

REMINDER: SHAKE WELL BEFORE EACH USE