

## Almond Milk

From <http://www.motherearthnews.com>

To make about 5 quarts of sweetened almond milk, all you have to do is blend together the following ingredients:

- [1] ½ gallon of organic apple juice (optional if you want sweetened)
- [2] Approximately 2 to 2- ½ pounds (about 4 to 5 cups) of almonds, either finely ground or in the form of a nut butter
- [3] ½ pound (7 to 8 tablespoons) of finely ground sesame seeds or 4 to 5 tablespoons of sesame tahini
- [4] One tablespoon of Brazil nuts, finely ground or in the form of a butter (optional)
- [5] One tablespoon of powdered cinnamon
- [6] One tablespoon of powdered nutmeg
- [7] One tablespoon of vanilla

After blending, strain the milk and bottle it. (Note: Refrigerate the juice as soon as possible, unless you intend to drink it right away.)

NOTE: if you don't want it sweetened, then just do the nuts with flavors in a blender with water instead of juice. Then strain thru cheesecloth twice until you get your milk. You WILL have to drink it within 3-5 days so make only as much as you really need! I usually make a cup of nuts with 2 cups water and nothing else.