

---

# Vanilla Almond Milk

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

1 cup raw almonds

3-4 cups filtered water

4 dates

1/2 teaspoon salt

1/2 teaspoon vanilla

---

Instructions:

1. Soak almonds in water for 8 hours or overnight.
2. Drain and place in a blender with the rest of the ingredients.
3. If you want the milk to be more creamy use less water.
4. Blend for about a minute. Strain using a cheesecloth or nut milk bag.
5. Store in the fridge for 4-5 days.