

Almond Milk (Beverages)

Interesting facts: Almond milk can be used if dairy is not an option.

How to select: Both commercial and homemade almond milk can go bad. Commercial almond milk has a use-by date on its packaging and should be used within seven days after opening, according to most brands. Be sure and select the unsweetened versions and try and find the least added other ingredients. Always select organic, unsweetened.

What to avoid: Carrageenan and added sugars.

Hot to prepare and use: Can be used to make smoothies. You can use as a replacement for dairy milk in most recipes.

How to make your own almond milk: In a quart glass container place $\frac{3}{4}$ cup organic almonds, $1\frac{1}{2}$ cups filtered water; Let sit 24 hours. Strain the almonds into a blender. Blend with 1 cup filtered water until smooth. Add another cup of water and $\frac{1}{2}$ tablespoon maple syrup, blend until smooth. Strain the almond milk through a fine mesh strainer. Stir in another two cups of water and strain again. Refrigerate and use within 2 days.