



Homemade Vanilla Almond Milk

Active Time: 15 minutes | **Total Time:** 12 hours | **Serves:** 8

Nutrition Information Per Serving

109.5 calories, 5.03 g carbohydrate, 2.18 g fiber, 2.85 g NET carbs, 3.8 g protein, 8.83 g fat

Ingredients

- 4 cup(s) purified or spring water
- 2 tsp(s) organic vanilla extract (non-alcoholic)
- 1 cup organic raw almonds
- 1 pinch sea salt
- 2 tsp(s) honey

Preparation

1. Soak almonds overnight in spring or purified water. In the morning, drain the almonds.
2. Then blend soaked almonds, water, and sea salt until smooth.
3. Pour through a strainer to separate pulp.
4. Pour liquid back in the the blender and blend in vanilla extract and honey until smooth.
5. Keep refrigerated for up to one week.

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