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Almond Milk



I make almond milk or cream for my porridge by pouring 3 cups of water over 2 cups of raw almonds soaking overnight to rid them of phytic acid. Place pre-soaked almonds with fresh water in a blender; blend until it resembles milk or cream. Line a large sieve with double thickness of cheese cloth or unbleached muslin. Place this over a bowl and let drain. Then grab the corners of the cloth, hold securely and squeeze to extract all of the milk. Almond milk or cream will keep for 3 days once refrigerated.

ALMOND MILK

from Raw by Roxanne Klein

Ingredients:

2 cups of raw almonds

soaked 10 - 12 hours in filtered water

3 cups of filtered water (or tap water which has been allowed to sit out for awhile to dissipate the chlorine)

To make the milk:

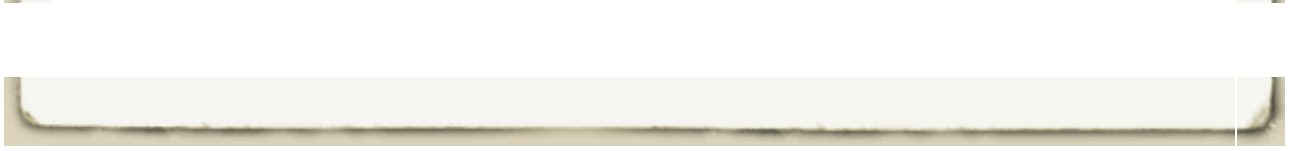
In a high speed blender, combine the almonds and water and blend until creamy. Line a large sieve with a double thickness cheesecloth. I use unbleached muslin, single thickness. Place this over a bowl and let drain, then grab the corners of the cloth, hold together securely, and squeeze to extract all of the milk. Reserve the pulp in the sieve for making almond flour. Transfer the milk to a container and refrigerate for up to 3 days.

To make the flour:

I have not found a use for the flour in her cookbook. Spread the pulp on nonstick dehydrator sheet. Dehydrate at 105° F for 24 hours.

Transfer the pulp to a food processor and grind to a silky flour. Store

in an airtight container in the refrigerator for up to 3 days.



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