

## Homemade Almond Milk

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- Total Time: 5 mins
- Cook Time: -
- Serves: 1

### Ingredients:

- 1 cup raw almonds
- 4 cups water

### Method:

- Soak almonds overnight (or about 8 hours) in 2 cups of water.
- Drain and transfer the almonds to a blender.
- Add in 2 cups of water.
- Blend until smooth.
- Strain the mixture into a bowl using a cheese cloth or filter.
- Pour the milk into a glass (or bottle).