

## Almond Milk

- 1 c almonds
- 1-2 dates, pitted (optional - included for sweetness - I prefer it without)
- 4 c filtered water
- a fine mesh nut milk bag

Soak almonds in water for 12 hours, then drain and rinse. Combine soaked almonds, pitted dates and filtered water. Blend until white and frothy in a VitaMix or very strong blender. Strain into a bowl through a [fine mesh bag](#). Twist and squeeze the bag until all the almond milk drains into the bowl.

Enjoy the fresh almond milk straight up or in a recipe that calls for milk, such as [Chia Seed Porridge](#), or [Chia Seed Porridge Lite](#). Store the milk, covered, in the refrigerator for a few days. Reserve the almond meal solids for the **Almond Spread** recipe below.

## Almond Spread

- 1/2 lemon, juiced
- 1 t olive oil
- 1/4 t sea salt (or Himalayan pink salt)
- 1 T water
- almond meal from almond milk recipe

Mix ingredients, adjusting seasoning to your taste. Serve on bread, crackers, in celery sticks or on cucumber slices.