

**Organic Almond Milk**

**Ingredients**

* 1 cup raw organic sprouted almonds - soaked overnight (this step reduces the level of phytates)
* ½ tsp. Sea Salt
* 4 cups pure filtered water (More for soaking)
* Vanilla Bean or Organic Vanilla Extract (optional)
* Pure Maple Syrup, Honey or Stevia (optional)

**Instructions**

* Soak almonds for at least 12 hours in pure water with 1/2 tsp sea salt. This is an important step as it breaks down the phytic acid and enzyme inhibitors and cultures beneficial enzymes in the almonds. (side note: soaking nuts should be done before eating them as well. Soak nuts in salt water for 12 hours, rinse them, and dry in oven on lowest heat.)
* Rinse almonds well. Mix almonds with pure water in blender or Vitamix.
* Blend several minutes until smooth and creamy. (Warning: mixture will expand some, so make sure your blender is not full before starting it)
* Strain mixture into a large bowl through a nut bag, cheese cloth or kitchen towel.
* Put mixture back into blender with vanilla and sweetener.
* Pour into glass jar or pitcher and store in fridge for up to one week.