THE LIGHTER PLATE METHOD

Almond Milk

A genuinely simple homemade almond milk — just almonds, water and a good squeeze.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**15 min**	**4**	**EASY**

Ingredients

- 150 g almonds

Method

1. Soak the almonds in plenty of water overnight, or for at least 8 hours.
2. Drain and discard the soaking water.
3. Blend the almonds with 3–4 cups of fresh water, depending on how rich you'd like the milk.
4. Strain through a nut milk bag or a fine sieve lined with muslin, squeezing well to extract as much liquid as possible.

Tips & swaps

- Keep the leftover almond pulp — it can be dried and used as almond flour.

Storage & reheating

Keeps in the fridge for 3 days; shake before using.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**3g**	**2g**	**8g**	**2g**

Estimated values, for guidance only. Contains: Tree nuts (almonds).