

ALMOND MILK

VEGAN • DAIRY FREE



MAKES APPROXIMATELY

1L / 1.85 PINTS

3 HANDFULS ALMONDS
(PRE-SOAKED OVERNIGHT)
5 CUPS FILTERED WATER
MAPLE SYRUP TO TASTE
PINCH OF SALT

BEFORE YOU MAKE ALMOND MILK, SOAK THE ALMONDS IN FRESH COLD WATER OVERNIGHT. IT'S VERY IMPORTANT TO THOROUGHLY RINSE THE ALMONDS AFTER THEY HAVE SOAKED.

ONCE SOAKED AND WELL RINSED, PLACE THE ALMONDS AND 2 OF THE CUPS OF FILTERED WATER INTO A BLENDER WITH A PINCH OF SALT - WHIZZ ON MEDIUM FOR A MINUTE AND THEN UP TO HIGH UNTIL THE WATER BECOMES MILKY AND THE ALMOND PIECES HAVE BLENDED. POUR THE MIXTURE THROUGH EITHER A NUT MILK BAG, CLEAN MUSLIN OR TEATOWEL INTO A LARGE JUG OR BOWL. ALLOW THE MILK TO DRIP THROUGH THE FABRIC BEFORE GIVING IT A SQUEEZE AND ENSURING ALL THE LIQUID IS CAUGHT IN THE BOWL OR JAR BENEATH.

RETURN THE SQUEEZED ALMOND PULP INTO THE BLENDER WITH 2-3 MORE CUPS OF FILTERED WATER, BLEND FOR 2-3 MINUTES UNTIL THE REMAINING ALMOND PULP IS VERY FINE. POUR THIS MIX THROUGH THE STRAINING CLOTH AGAIN AND THOROUGHLY SQUEEZE. TRANSFER LIQUID TO A CLEAN BOTTLE AND ADD MAPLE SYRUP TO TASTE.

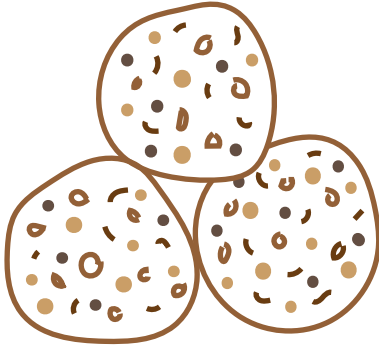
FOR ZERO WASTE ALMOND MILK, THE PULP CAN BE DRIED IN THE OVEN AND USED AS ALMOND FLOUR OR AS A BASE FOR ENERGY BALLS.



ENERGY BALLS

VEGAN • GLUTEN FREE

MAKES APPROXIMATELY
8 ENERGY BALLS



APPROX. 1 CUP ALMOND PULP
(LEFTOVER FROM ALMOND MILK)
1 HANDFULL FRESH NUTS
2 TBSP CHOPPED DATES
6 VEGAN CHOCOLATE
BUTTONS/SQUARES
1 TSP VANILLA EXTRACT
1 TBSP ALMOND BUTTER
2 TSP COCONUT OIL

BEFORE USING ALMOND PULP FROM THE ALMOND MILK RECIPE, DRY OUT AND LIGHTLY TOAST FOR 10-15 MINUTES UNTIL GOLDEN IN AN OVEN AT 180°C.

WHEN ALMOND PULP HAS DRIED AND COOLED IT CREATES JUST UNDER A CUP FULL. TIP THE DRIED PULP INTO A BLENDER AND ADD ALL OTHER INGREDIENTS. WE USE A COMBINATION OF FRESH CASHEWS AND ALMONDS FOR OUR NUT CHOICE, BUT MOST NUTS WILL WORK.

AS MIXTURE BLENDS, THE SIDES MAY NEED PUSHING DOWN TO INCORPORATE FULLY. ONCE ALL IS BLENDED, SPOON OUT HANDFULS INTO CLEAN HANDS AND ROLL INTO BALLS. ENERGY BALLS CAN BE KEPT IN THE FRIDGE FOR UP TO ONE WEEK AND ARE BEST SERVED CHILLED.

THIS RECIPE IS EASILY ADAPTABLE, TRY ADDING A FEW DROPS OF ALMOND EXTRACT, OR ORANGE ZEST AND MORE CHOCOLATE FOR A CHOCOLATE ORANGE VERSION.

ALMOND FLOUR CAN ALSO BE MADE BY DRYING OUT THE ALMOND PULP AT A LOWER TEMPERATURE TO PREVENT IT FROM COLOURING, THEN BLENDING INTO A FINE POWDER AND STORING IN AN AIRTIGHT CONTAINER OR JAR. NOTE: IF THIS FLOUR IS USED IN A RECIPE, THE MOISTURE CONTENT SHOULD BE INCREASED.

