

# Vanilla Almond Milk

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 cup (250 mL) unsalted raw almonds
- 2 Medjool dates, pitted
- 1/2 tsp (2 mL) vanilla powder (or 1 tsp/5 mL pure vanilla extract)
- 4 cups (1 L) filtered water

## Instructions:

1. Soak almonds in plenty of water overnight. Drain and rinse well.
2. In a blender, combine almonds, dates, vanilla and water. Blend for 30 to 60 seconds, until you can no longer see any almond chunks. Strain through a fine-mesh sieve or nut bag set over a bowl. Press down on the almond mixture to release all of the milk. It's that easy! Almond milk keeps in the fridge for up to 5 days.