

Almond Milk 101 Guide



How To Make Homemade Almond Milk

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Why make your own:

- Quick (with soaked nuts)
- Tastier than store-bought
- Additive-free (no stabilizers)
- Low waste
- Customizable

What you'll need:

- Ingredients (on next page)
- Blender
- Nut Milk Bag
- Bowl/Funnel
- Jars for storing

Almond Milk Tips



The very first homemade dairy-free milk I made after going vegan was almond milk. I even bought a fancy plant milk maker, which I used approximately twice because it was too fussy. After summoning up some courage, I bought a nut milk bag for under \$5 and made my own. Guess what? It was easy! Like really easy. Not only that, it was better than the store-bought milks that are loaded with stabilizers and other suspicious ingredients. I've happily been on the homemade almond milk train ever since. Here's the lowdown on making your own almond milk!

Tip #1:

Soak your nuts first. Soaked nuts become soft and much easier to blend than hard, dry nuts, resulting in creamier more flavorful milk. The sweet spot for soaking nuts is 24 hours. You can soak them for less time or (in a pinch) hot soak them by pouring boiling water over the nuts and letting them sit for an hour, but the milk will taste a bit watery.

Tip #2:

Use a nut milk bag. I've had the best luck with a store-bought nut milk bag which is inexpensive and lasts for years. You can use cheesecloth or an old t-shirt, but bits of nuts creep through the cheesecloth and a t-shirt can be hard to squeeze the liquid through.

Tip #3:

Blend for 1 minute or more. Blend at high speed for one minute or up to 3 minutes depending on your blender type. The water will turn white, frothy, and be speckled with almond bits.

Tip #4:

Squeeze all the milk out of the nut milk bag. For the thickest, most flavorful almond milk, squeeze all the milk out of the nut milk bag, leaving only the almond pulp behind.

Ingredients:

- 2/3 cups (87 grams) of almonds
- 1/3 cup (50 grams) of cashews
- 4 cups (32 oz, 946 ml) of cold water
- 1 teaspoon of vanilla extract
- 1 teaspoon of maple syrup
- pinch of fine sea salt

(you can also use 1 cup of almonds)

Equipment:

- Blender
- Nut Milk Bag
- Bowl/Funnel
- Jars for storing the milk



Almond Milk Steps 1-2



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Step One:

Soak almonds and cashews in water in the fridge for 24 hours. Cover the nuts with enough water so that they will still be covered as they expand. Drain the soaking water and rinse off the nuts, as the soaking water can taste bitter.



Step Two:

Add the soaked nuts, water, vanilla, maple syrup, and salt to a blender container.

Almond Milk Steps 3-4



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Step Three:

Securely attach the lid to the container and blend at high speed for one minute or up to 3 minutes depending on your blender type. The water will turn white, frothy, and be speckled with almond bits.



Step Four:

Pour the almond/water mixture through a nut milk bag over a bowl.

Almond Milk Steps 5-6



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Step Five:

Using your hands, squeeze all the liquid out of the nut milk bag, leaving only the nut pulp behind.



Step Six:

Pour the strained almond milk into clean glass jars and store in the fridge.

Almond Milk FAQ



Can I customize my ingredients?

Yes! Homemade almond milk requires nothing other than almonds and water. However, I find that using 2/3 almonds and 1/3 cashews creates the creamiest, smoothest almond milk. I also add a teaspoon each of vanilla and maple syrup and a pinch of salt which makes it a real treat.

What do I do with the almond pulp?

Almond pulp can easily be turned into almond flour by drying it out in the oven at a low temperature and then blending it. Spread the pulp in a thin layer on a baking tray or two, and dry it in a 200 F (93 C) oven for several hours or overnight. Blend the dry pulp in a blender until it turns into coarse flour.

Will it separate?

Yes, Because there are no stabilizers to keep the milk from separating, like in store-bought almond milk, it will separate some. This is totally normal and not a sign that it's gone bad. Just give it a shake before pouring and you'll be good to go.

How do I store it?

Store your almond milk in clean glass jars in the fridge for up to a week. Glass works really well because it doesn't impart any unwanted flavors to the milk the way plastic can.

Is it cheaper than store-bought?

If you buy almonds in bulk it is a bit cheaper than buying store-bought almond milk. But, the quickest, cheapest milk is oat milk, which requires no soaking and is what I usually make, even though I actually prefer almond milk.

Other Dairy-Free Recipes You Might Love:

Click the links below to get the recipes

- [Cashew Creamer](#) (dairy-free half & half)
- [Coconut Whipped Cream](#) (whipped topping made with coconut cream)
- [Homemade Oat Milk](#)