

Best Almonds Milk



Nut milks are getting increasingly popular. Make the best almond milk, free from preservatives and added sugar, using the best organic almonds ZENXIN has sourced for you!!

#ZENXINCNY2020

#ZENXINHealthierYou2020

Instruction:

- 1 cup organic almonds
- 4 cups filtered water
- Sweeteners like honey, coconut nectar sugar, brown sugar (optional)

Ingredients

- 1 cup best organic almonds
- 4 cups filtered water
- Sweeteners like honey, coconut nectar sugar, brown sugar (optional)

Method:

1. Soak almonds in water overnight.
2. Drain soaked almonds and rinse well. (Discard the soaking water.)
3. Blend almonds with filtered water until mixture becomes smooth and creamy.
4. Strain with cheesecloth, squeeze cloth to extract liquid.
5. Store almond milk in airtight container in the fridge. (Finish any unused almond milk within 3 days)
6. Before serving, add sweetener to taste.