





## Homemade Almond Milk

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



360 min.

SERVINGS



2

CALORIES



798 kcal

BEVERAGE

DRINK

### Ingredients

- 2 tablespoons maple syrup
- 2 cups blanched almonds and raw
- 0.3 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 5 cups water

### Equipment

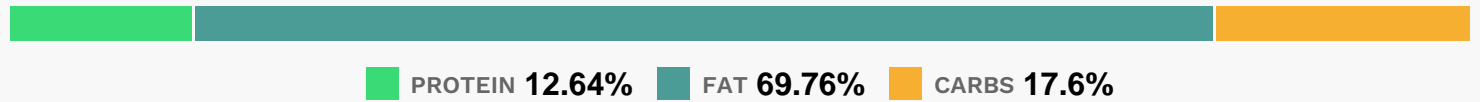
- bowl
- sieve

- blender
- cheesecloth

## Directions

- Place the almonds and the water in a bowl and allow to soak for at least six hours (you can also let them soak in the pitcher of your blender if it's not being used for anything else).
- Place the almonds and water in the blender (if they're not already in there).
- Add all of the other ingredients and blend on high for 2 to 3 minutes, or until the mixture is smooth. You can adjust the amount of sweetness as you go.
- Place your strainer over the empty bowl. Fold the cheesecloth so that you have a sheet made up of at least 3 layers, and position it over the strainer.
- Pour the almond milk into the bowl through the strainer and the cheesecloth, allowing the solids to collect in the cheesecloth. Gather the ends of the cheesecloth and press out any remaining liquid.
- Transfer your homemade almond milk to a bottle and keep refrigerated. Enjoy with 1 week (like it will last that long)!

## Nutrition Facts



## Properties

Glycemic Index:20.75, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:30.959564956067%

## Nutrients (% of daily need)

Calories: 797.88kcal (39.89%), Fat: 65.65g (101.01%), Saturated Fat: 4.94g (30.89%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 24.76g (9%), Sugar: 18.03g (20.03%), Cholesterol: 0mg (0%), Sodium: 55.33mg (2.41%), Alcohol: 0.69g (100%), Alcohol %: 0.12% (100%), Protein: 26.76g (53.52%), Vitamin E: 29.69mg (197.96%), Manganese: 2.8mg (140.1%), Magnesium: 345.5mg (86.38%), Copper: 1.38mg (69.03%), Vitamin B2: 1.14mg (67.34%), Phosphorus: 601.53mg (60.15%), Fiber: 12.51g (50.03%), Calcium: 337.27mg (33.73%), Zinc: 3.92mg (26.12%), Potassium: 872.79mg (24.94%), Iron: 4.15mg (23.03%), Vitamin B3: 4.4mg (22.02%), Vitamin B1: 0.25mg (16.81%), Folate: 61.26µg (15.32%), Vitamin B6: 0.14mg (7.23%), Selenium: 4.01µg (5.73%), Vitamin B5: 0.39mg (3.94%)