

# KIDS IN THE KITCHEN



## Almond Milk

### Ingredients:

- 1 cup raw almonds
- 4 cups water
- 1 teaspoon vanilla extract
- 1 tablespoon honey

### Method:

1. Put the almonds into a bowl, fill the bowl with water and let them soak overnight.
2. Rinse the almonds, then put them in a blender with the water, vanilla and honey. Blend at the highest speed for 2 minutes.
3. Strain the almond milk through a fine mesh sieve into a bowl – use the back of a spoon to squeeze out as much milk as possible!
4. Pour your almond milk into a jar (with a lid) and put it in the fridge to chill for 30 minutes. Drink your milk by itself, pour it on cereal, or use it in a smoothie!

### Food waste tip:

- Use the leftover almond meal in muffins, smoothies, bliss balls or porridge.

### Variations:

- Add 2 tablespoons of cocoa to make chocolate almond milk.
- If you don't have almonds, use oats instead! Oats don't need to soak, and you only have to blend for 45 seconds.

