

Almond milk can be made easily and quickly with a blender or food processor.

## Ingredients

- 1 cup almonds - soak overnight
- 2 dates (optional)
- 1 teaspoon vanilla essence
- dash of cinnamon
- 4 cups of filtered water

## Method

Drain water from almonds and discard.

Blend on high speed 2 cups of the water and almonds until a smooth paste.

Add remaining 2 cups of water and dates, if required and blend.

Add vanilla essence and cinnamon.

Strain the mixture if desired.

Will keep in fridge for 3 - 4 days.