

Making Almond Milk



Popping the skins off blanched almonds is often a job that kids like to do. Pop them off in a bowl of water so that the almonds won't fly all over the kitchen. (*Shucks, Mom, you're no fun!*)

Almond Milk (see photo on the previous page)

Yields 1 quart

$\frac{3}{4}$ cup raw almonds (4½ oz.)

Water for presoaking

$\frac{3}{4}$ cup water for initial blending

More water

Soak almonds in twice as much water for 24 hours. Drain and rinse. Blend with water just to the top of nuts, for about 2 minutes or until you have a smooth cream. Add enough more water to fill a quart jar. Use on cereals, for smoothies and other recipes that call for milk. Store in the refrigerator.

Blanching Almonds

Almond skins contain anti-parasitic tannins and provide fiber and minerals, but you or your family might prefer the milk to be pure white, rather than flecked with brown, if so, either blanch to remove skins before blending or pour blended milk through a fine mesh strainer or several layers of cheesecloth. To blanch almonds, place in very hot water for 1 minute. Drain and rinse, then cover again with cold water. Pop the skins off.



Walnut Milk (follow *Basic Nut Milk* directions)

Walnut Milk is the easiest to make. Walnuts only need overnight soaking and there are no coarse skins to remove. The flavor of the milk is mild and it has a smooth texture and a nice white color, which is appealing. In addition, walnuts are a good source of essential heart healthy fatty acids and vitamin E. They are *beneficial* for all blood types (except Type B, secretor, for whom they are neutral), whereas almonds are *neutral* for all blood types, per Dr. Peter D'Adamo, *Live Right 4 Your Type*.

Note: Choose walnut *halves* rather than *pieces* for the smaller pieces go rancid faster. Look for nuts with whitish to light beige flesh rather than yellow or brown, for the fats in the latter have spoiled. If possible, buy walnuts from refrigerated stock.