

ALMOND MILK

INGREDIENTS:

12 raw almonds

1 cup of revitalized or pure spring water (to warm, use boiled water)

DIRECTIONS: Almond milk can be made in several different ways using almonds with their skin, without their skin, or a combination of both. Either raw or activated almonds can be used. Each way creates a slightly different texture and flavor.

With the skin:

Wash well and soak the almonds in revitalized or pure spring water over night or in hot water for an hour, more or less. This helps to start the sprouting process. Then, rinse again. See how “to activate” below as another option, which further progresses the sprouting process.

Without the skin:

Wash well and soak the almonds in revitalized or pure spring water over night or if in a hurry, in boiled hot water for 10 minutes, more or less. Once softened, the skin can be easily peeled or scraped off under running water.

To activate the almond soak them in a bowl with their skin and cover with water and approximately 2 tsp of seasalt for 12-14 hrs. Strain and bake them on low heat (no more than 65°C). Ensure nuts are totally dry before storing in a tight container in the fridge or cool cupboard. Activation converts some of the starch into simpler sugars, making the nut with its protein more digestible. To proceed, place the almonds in a blending container with the water (1 cup per person) and blend into a smooth liquid. Pulse the blender a few times to ensure all the almonds are liquified. **NOTE:** When almonds are not available, macadamia or other types of nuts can be used in the same way.

ENJOY in smoothies as a milk replacement, in curries or baked goods, or simply with fruit.

Serves 1

Use **organic** or spray-free, unpasturized almonds

Suitable for ALL blood types

Almonds are actually the seeds of the fruit of the almond tree, which is a cousin of the peach, cherry, and apricot trees. Almonds are classified into two categories: sweet (*Prunus amygdalu var. dulcis*) and bitter (*Prunus amygdalu var. amara*). The sweet variety, with its buttery taste, is the type eaten.

Almonds originated in western Asia and north Africa. Romans referred to them as the “Greek nut” in reference to the civilization who had first cultivated them.

Spanish missionaries brought almonds to California, several hundred years ago, where they thrived. Almonds are also grown in Mediterranean countries including Italy, Portugal, Spain, and Morocco.

Almonds contain 28 essential nutrients including vitamins, minerals, fatty acids, protein, and fiber. They are a rich source of vitamins E and B2, biotin, manganese, copper, phosphorus, magnesium, molybdenum, and fiber. Once for ounce, almonds are one of the most nutritionally dense nuts. Along with vitamin E, they are a good source of powerful antioxidants, including flavonoids.

Almonds provide protection against diabetes and cardiovascular disease. They can help reduce cholesterol levels and C-reactive protein (a marker of artery-damaging inflammation) as much as first generation statin drugs.

The skin contains phytic acid and enzyme inhibitors that can interfere with absorption of nutrients. Removing the skin helps overcome this. However, recent studies found potent antioxidants in skin, such as catechins (found in green tea) and naringenin (found in grapefruit). Perhaps, the solution is to activate the almonds or consume a small amount of them with their skin.

Homemade almond milk is far superior to commercial almond milk because it is unprocessed, contains all its enzymes, and does not contain any added ingredients.

Almond nut butter provides another option for enjoying the benefits of almonds in a more easily digested form.

While roasting loses some of the nutrition and may damage their valuable oils, dry roasting at a low temperature 160-170°F or 75°C minimizes this.

Almonds in their shell have the longest shelf life. Shelled almonds with their skin, in a sealed container/bag are a more convenient option and will last longer than almonds from a bulk bin. AVOID split, chopped, blanched, or slivered almonds as they quickly go rancid or moldy when exposed to moisture, air, light, and/or heat.

Select organic or spray-free almonds that are fresh and nicely colored. Read the ingredients on the label to make sure they do not contain sugar, corn syrup, flavors, vegetable oil, or preservatives. Store them in a sealed container in the fridge, or a cool dry pantry away from sunlight. Refrigerated almonds will keep for several months.

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