

Make ALMOND MILK with a SLOWJUICER



Requirements: slowjuicer

Possibly: blender or high speed blender

Sieve, tea strainer

Slowjuicer:

Pour boiling hot water over 200 grams of almonds.

Soak the almonds for 12 hours.

Put the soaked almonds in the slowjuicer.

Catch the almond cream.

Mix this according to your own taste with water in a blender. 0.75 liters of water at 200 grams of almond gives me a good milk consistency of whole milk.

The pulp of almonds can be used for muesli, oatmeal porridge, filling of cakes, dough for bread, cookies or cake, pancake batter, as a filling for a burger, for example together with mushrooms or lentils.

If you want to make more milk from 200 grams of almonds, do the following: put the almond pulp in a blender with water. Blend it 20-30 seconds.

Pour the water through a sieve and collect it. Mix this with the first batch of almond milk.

The first batch is very creamy, good for coffee milk. If you just want to drink a glass of milk, you can supplement it with water. The best thing is to mix it in a blender and water, then it becomes a beautifully consistent.

The almond pulp or almond cream that you collect can be used as a vegan replacement of cream cheese in various recipes. You can also use it to make cakes, you use it as stuffing or to make a vegan cheesecake.

Make almond milk with a blender

With a blender or rather high speed blender you can also make almond milk. Put soaked almonds with three quarters of a liter of water in a blender. The almonds must be completely pulverized. Maybe that takes two minutes, you have to check for yourself. Then you filter this "raw" almond water. You can do this with a large point sieve or with a small tea strainer. It can also be done with a cheese cloth, if you are handy.

If there is a white mass that resembles mozzarella in the tea strainer or the cheesecloth, you do this in a separate dish for later use in dishes.

How do you store almond milk?

The collected almond milk contains no fibers and is drinkable. Put it in an empty bracket bottle that you can reuse later. Before filling the bottle with almond milk, rinse the bottle with boiling water so that it is completely clean.

A bottle of almond milk can be stored in the refrigerator for a few days.

Sweet milk

Add a little bit of stevia leaf to the almonds when they are soaking. The milk will become a bit sweet, but it should not dominate. You can also add stevia tea to the almond milk.

When sweetened, it tastes more like ordinary cow's milk because it contains milk sugars. Stevia is a herb with all kinds of medicinal properties and a very sweet taste. A half teaspoon of stevia leaves is enough to give a slightly sweet hue to the milk.



Stevia water as a SUGAR SUBSTITUTE

Put strong stevia tea in a preferably small tea pot. You do not have to put more than 300 ml for 2 days of use. After 2 days the good taste goes away.

Put a tablespoon of stevia leaf in the teapot and pour boiling water over it. After 10 minutes, the tea can be used as a sweetener for tea and coffee. If you make more of it, you can bake pastries with it, for example cookies. You do not mix the dough with water, but with stevia tea.



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