

INGREDIENTS

1 C RAW ALMONDS - SOAK OVERNITE
(OR MIN 2HRS IN HOT H2O)
1/8 TSP SALT
1 TSP VANILLA
4-5 C WATER
OPT: CHOCOLATE - 2T COCOA POWDER
OPT: BERRY - 1/2 C BERRIES

1 C ALMOND PULP (FROM MAKING MILK)
1/8 C TAPIOCA FLOUR
1/2 TSP FINE SEA (OR OTHER) SALT
1/8 TSP BAKING SODA
1 EGG (3 T H2O & 1 T GROUND FLAX)
2 T OLIVE OIL
OPT: 3/4 TSP MAPLE SYRUP
OPT: 2 T FRESH HERBS (2 TSP DRY HERBS)
OPT: 1 TSP MINCED GARLIC (1/8 TSP DRY)
OPT: 1 T FLAX SEED

DIRECTIONS

FOR ALMOND MILK

- BLEND SOAKED ALMONDS AND REST OF INGREDIENTS IN BLENDER
- STRAIN/FILTER INTO JAR/S
- YIELDS 5 CUPS (1.25 QUARTS)


FOR ALMOND CRACKERS


- **PREHEAT OVEN TO 350°F**
- GRIND ALMOND PULP, SO IT IS AS FINE AS POSSIBLE
- BLEND DRY INGREDIENTS W/ FORK
- ADD WET INGREDIENTS AND STIR UNTIL DOUGH FORMS
- ROLL TO 1/16-1/8" THICKNESS BETWEEN PARCHMENT SHEETS
- REMOVE TOP SHEET AND CUT W/ PIZZA CUTTER TO CRACKER SIZES
- BAKE 20-25 MIN

NOTES: FOR STRAINING ALMOND MILK, A NUT MILK BAG OR MUSLIN CLOTH IS BEST. IF ALMOND CRACKER DOUGH IS TOO DRY ADD WATER 1 TSP AT A TIME. CRACKERS LAST 4-5 DAYS IN AIRTIGHT CONTAINER OR YOU CAN FREEZE UP TO A MONTH.



ALMOND MILK & CRACKERS

 yields 5 cups
makes 50 crackers

 5-10 min
10 min prep
20-25 bake

Almond milk may be the simplest thing you can make in your kitchen and is less than half the cost of a tetra pak from the grocer. You can flavor it to your liking and it is far healthier without all of the added ingredients and thickeners.

Best part is you can use the leftover almond pulp to make some delicious, healthy crackers, so there is no food waste (and between the milk and crackers you also save quite a bit of packaging). :)

FOOD FOR THOUGHT:

Almonds are nutrient rich & contain dietary fiber (1 serving is approx 11% DV). Almonds trees are water loving, so please consider Organic when buying. . . organic uses less water, soils hold more CO₂, and bees and pollinators are better protected.