

Homemade Almond Milk

The easiest (and in my opinion: most delicious) almond milk you can get. Literally takes a few minutes and costs a fraction of the watered-down versions sold at the store.

The best part is you can adjust the amount of almond butter you use in order to vary the fat content/creaminess of the almond milk.

Ingredients

4 cups filtered water
35 grams natural almond butter*
20 grams sugar/honey (optional)
Dash of sea salt

Preparation

Put all ingredients in a powerful blender and blend on Smoothie/Whole Juice setting or maximum power for 40-60 seconds. Store in fridge. No straining needed.

Nutrition Per Cup

Calories - 70
Fat – 4g
Carbs – 6g
Protein – 2g

Notes

You can adjust the amount of almond butter and sweetener you use depending on your macronutrient needs.

For post-workout snacking, I'll use the lighter (lower-fat) version of the almond milk that you see above.

For making overnight oats, chia pudding, or straight up drinking, I'll use a bit more almond butter to up the taste and texture.

* For best results, use freshly ground almond butter. If freshly ground butter is unavailable, use a high-quality packaged butter (the only ingredients should be almonds and possibly salt.)