



ALMOND MILK

INGREDIENTS

3 cups filtered water
1 cup raw unsalted almonds

DIRECTIONS

1. Combine ingredients in Vitamix in order listed above.
2. Process on high speed for 2 minutes.
3. Pour into nut milk filter bag over large glass bowl. Squeeze liquid from bag into bowl. Refrigerate.

HEALTH MINISTER CODE:

Hallelujah Acres (www.myhdiet.com)

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