



Makes 2 cups
Cook Time: 2 hours

INGREDIENTS:

1/2 cup raw almonds
3 Medjool dates
2 cups filtered water, plus more
for soaking
2" piece vanilla bean
Pinch Celtic sea salt

Sweet Vanilla Almond Milk Recipe

Sweet, creamy, and nutty flavors combine to form this delicious almond milk. You'll get the best results if you use a great quality vanilla bean and soak your almonds overnight.

This recipe was adapted from the original in [The Plantpower Way](#), a new book by [Rich Roll](#) and Julie Piatt.

By Julie Piatt

- 1 Soak almonds in enough filtered water to cover overnight or for at least 2 hours. In a separate bowl, soak the dates in enough filtered water to cover for at least 30 minutes.
- 2 Drain and discard the water from the almonds, and place almonds in the Vitamix or high-powered blender.
- 3 Drain and discard the water from the dates, remove pits, and throw dates into the blender.
- 4 Add 2 cups of filtered water to the blender.
- 5 Blend on high for 1 minute.
- 6 To open the vanilla bean, slice lengthwise. Scrape out the insides and add to blender. Add a pinch of sea salt. Blend again on high for 30 seconds.
- 7 Pour through a cheesecloth or strainer into a glass bottle.
- 8 Reserve the pulp and freeze for later use in baked goods or blends. Enjoy!