

HOMEMADE ALMOND MILK

INGREDIENTS

150 grams almonds

800 milliliters cold water

Sugar to taste

PREPARATION

First, cover the almonds in water 24 hours and change the water every eight hours.

Second, drain the almonds and wash them very well.

Third, shake the almonds.

Next, add the cold water and sugar.

Then, beat the mixture.

Later, drain the mixture with a filter.

After that, put de milk in a bottle and cool it in the fridge.

And finally, the milk will be in good condition for three days.

Enjoy it



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