

# ALL-WAYS ALMOND MILK



Stirred into smoothies, coffee, sauces, oatmeal, baked goods and so many other favorite foods, almond milk is one versatile ingredient.

Available unsweetened or sweetened, plain or flavored, there's an almond milk for everyone. Have lactose intolerance or milk allergies? Or simply prefer to avoid lactose, dairy or soy? **Almond milk is the perfect fit for many dietary needs, offering these benefits:**

- It contains no cholesterol or saturated fat.
- It is vegan and lactose free.
- Most brands have added calcium, vitamin D and other nutrients.
- Many of the unsweetened almond milk products offer as few as 30 or 35 calories per 8-ounce serving, so they're appealing to calorie watchers.

- For those watching sugar content, unsweetened products have 0 grams of sugar.

**Check labels and take a few brands for a trial run to find the right one for you.**

- If you're looking for a nutritional boost, be aware that protein, calcium and other nutrients can vary from brand to brand.
- If texture is your priority, some almond milks have a thicker, almost smoothie-like consistency, while others are light.
- When it comes to taste, some people prefer chocolate or vanilla, while others like to stick to unsweetened almond milk.
- Nutrition facts will vary from brand to brand, depending on how finely it is strained.

## MAKING ALMOND MILK AT HOME

**You can make delicious almond milk at home.**

Here's a quick and simple recipe created by Chef Todd Humphries for Almond Board of California.

### INGREDIENTS:

1 pound 2 ounces whole natural (skin-on) almonds  
1 1/2 quarts water, plus more for soaking

- Put the almonds in a large container and pour in enough water to cover. Put a lid or plastic wrap on the container and leave to soak for at least 8 and up to 48 hours.
- Drain and rinse the almonds.
- Line the strainer with the nut bag or cheesecloth and set them over a large bowl.
- Put half of the almonds in a blender and add 3 cups fresh water.



- Blend until the nuts are finely chopped. Pour them into the nut bag.
- Repeat with the remaining almonds and 3 cups fresh water.
- Strain out the nut pulp and squeeze it to remove as much almond milk as possible. Cover and refrigerate the almond milk and almond pulp; reserve the pulp for other recipes.

**TIP** As with many beverages, ingredients in almond milk sometimes separate and may settle at the bottom. If this happens, simply shake the container before using. Some products have natural ingredients like lecithin, which help prevent separation. Once opened, almond milk should be refrigerated and used within seven to ten days.

### ALTERNATE USES FOR ALMOND PULP

Most people prefer to strain homemade almond milk for a silky consistency to drink straight or adding to morning coffee or other beverages. Wondering what to do with the leftover ground almond pulp? Although it doesn't have as much flavor as almond flour, it still has texture, fiber and other nutritious ingredients. So, don't throw it away—you can use it in baking (try our delicious Rosemary Parmesan Almond Pulp Cracker recipe found on Almonds.com), or toast it and use as a topping for your morning oatmeal or as a thickener in a smoothie. Homemade almond milk keeps in the fridge for about five to seven days. Shake gently before using it.

# ALMOND MILK SUSTAINABILITY



We know more consumers are interested in the environmental impact of their beverages, and it's good to know that almond milk is a responsible option. In fact, almond farmers use sustainable practices to grow the almonds that will be transformed into delicious almond milk.

One example is irrigation. Almond farmers are leading the way in California with nearly 80% of orchards using efficient microirrigation systems to water their trees. This conserves water and has helped reduce the amount of water needed to grow a pound of almonds by 33% since 1994.

Almond farmers are also investigating solutions that recharge and restore depleted groundwater in

California. Working with several research partners, the California Almond community is assessing the feasibility of flooding orchards with excess winter storm water while the trees are dormant, allowing the water to seep down and recharge aquifers. Water recharged through this program helps promote groundwater sustainability and provides benefits to all Californians, not just farmers.

For more information on the groundwater recharge efforts, visit: <http://www.almonds.com/blog/orchard/almond-milk-orchard-carton>.

To learn about sustainability practices overall, visit: [www.almondssustainability.org](http://www.almondssustainability.org).

