Homemade Nut or Seed Milk

Ingredients
1 cup raw almonds (or other nut or seed), soaked
3 1/2 cups filtered water
2 to 4 pitted Medjool dates, to taste*
1 whole vanilla bean, chopped or 1/2 teaspoon vanilla extract*
1/4 teaspoon cinnamon
Small pinch fine sea salt

Directions
1. Place nuts or seeds in a bowl and cover with a couple inches of water. Soak the nuts/seeds in water overnight (about 8 to 10 hours). For a quick-soak method, soak the almonds in boiled water for 1 hour. Rinse and drain well.
2. Place drained nuts/seeds into a blender along with the filtered water, pitted dates, and chopped vanilla bean.
3. Blend on the highest speed for 1 minute.
4. Place a nut milk bag over a large bowl and slowly pour the almond milk mixture into the bag. Gently squeeze the bottom of the bag to release the milk. This process can take a few minutes so be patient!
5. Rinse out blender and pour the milk back in. Whisk in the cinnamon and sea salt.
6. Using a funnel, pour into a large glass jar and secure lid. Store in the fridge for up to 3 to 4 days. Store in the back of the fridge for coldest milk. Shake the jar well before drinking as the mixture separates when sitting.

Recipe adapted from: ohsheglows.com