

# Almond Milk

Use 1 cup of raw almonds at a time to make the almond milk.

Soak 1 cup of raw almonds in a bowl of purified water. Cover well with water. Add a few drops of Concentrated Mineral Drops.

Total soaking time is at least 12 hours (e.g. 6:00 pm - 6:00 am). For example: start the soak at 6:00 pm, change the water before going to bed. At this time, wash/rinse the nuts well with water from the faucet, drain and add clean purified water to soak till morning. Again add a few drops of Concentrated Mineral Drops.

In the morning, drain off the soak water and rinse the nuts well.

Put the soaked nuts into a blender. Add 3 cups of water. Blend Well.

Strain through a nutmilk bag (available from immunologic.net) into a jug or other vessel with a pour-lip.

This milk can be further diluted, especially for infants and young children. Example: Dilute 4 oz of this milk to make 6 oz.

Immediately refrigerate, keeps well for up to 2 days.

**immuno**logic  
Health Systems



immunologic, inc.  
**512.541.4338**  
info@immunologic.net  
www.immunologic.net

