

# Almond Milk in 1 Minute

Recipe By Chef Zissie



Cooking and Prep:  05  
m

Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Gluten Free,  
Low Fat, Low Carb, Salt Free,  
Vegan

Source: OU Kosher

Almond milk is so delicious and has so many healthy benefits, including giving you an energy boost that lasts! This is my shortcut almond milk that is so delicious I drink it by itself with ice! Feel free to add it to any smoothie (make the almond milk first, then pour it into a milk bottle and leave the rest in the blender. Add your favorite fruit and blend!)

## Ingredients (3)

### Main ingredients

- 8 pitted dates
- 3 heaping tablespoons **Gefen Almond Butter**
- 5 cups water

## Start Cooking

## For the milk

1. Add all ingredients to blender and blend until smooth. This makes about six cups of almond milk.

### Note:

Make sure the dates are soft so when blended they become creamy and a part of the milk instead of chunks! If you don't have soft dates you can use silan (date honey) instead. Start with 2 tablespoons and add more to your liking of sweetness.

## About Chef Zissie

Remove your stress of daily dinner planning (Shabbat and Holidays)! For more easy, healthy and flavorful recipes join [www.chefzissierecipes.com](http://www.chefzissierecipes.com). For more recipes from the OU and Chef Zissie, click here:

<https://www.ou.org/life/food/recipes/>.