

# *Herbal Legacy Recipes*

## **Milk (Almond I)**

### **Ingredients:**

- \*1 ½ Cups of Almonds
- \*5 Cups of Water
- \*1 TBSP Honey
- \*1/4 Cup Hot Water
- \*1 tsp Vanilla

### **Directions:**

Put almonds and 5 cups of water in blender. Blend well. Pour through strainer. Mash with spoon. Add more water and blend again. Strain again. Melt honey in hot water and add vanilla to honey. Add to almond mixture. Chill.