

For people who have trouble tolerating milk from cows, almond milk is an excellent substitute. Here is a simple recipe for all-natural almond milk:

Ingredients for Almond Milk:

1-½ cups of raw almonds

4 cups of filtered or spring water

Sweeten with one of the following: 3-5 dates Or 1 tablespoon honey Or maple syrup

½ teaspoon vanilla

Directions:

1. Soak almonds in water for at least six hours.
2. Drain soaked almonds, and blend with 4 cups of fresh water until you get a milk-like consistency. Blend with dates or honey or maple syrup if you like your milk with a hint of sweetness.
3. Strain once to remove almond granules.

The result is delicious, creamy milk that's free of added oils, concentrated sugars, and synthetic nutrients. This all-natural almond milk keeps for 3-4 days in an airtight jar in the refrigerator.

Rice milk is another excellent substitute for cow's milk. Here is a simple recipe for all-natural rice milk:

Ingredients for Rice Milk:

4 cups **water**

1/2 cup uncooked **rice** (white or brown may be used) or 1 cup **cooked rice** (white or brown may be used)

1/2 teaspoon **vanilla extract**

Directions:

1. Cook rice, vanilla bean or extract and water until very soft.
2. Let cool, and put mixture into blender or food processor.
3. Blend until very smooth.
4. Let stand for at least 45 minutes, and then strain through cheesecloth.
5. Voila! Rice milk!