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Weed Almond Milk Made Easy

Recipe Description:

Weed Almond Milk for those medical marijuana patients who may also be lactose intolerant or want to use a healthier product for their recipes, on cereal, in coffee or anywhere else you would use a milk product (other than a cooked milk recipe).

Prep Time	Cook Time	Total Time	Recipe Serves	Recipe Yield
10 min	0 hr	25 hours	4	1/2 Gallon

Equipment Needed:

Blender (preferably a Vitamix)
 2 Large Bowls (large enough for 4 cups of water)
 Cheesecloth or nutbag (to strain almonds)
 Large Pot
 Acrylic Grinder

Ingredients Needed:

2 cup of Raw Almonds
 6 cups of Water for soaking
 8 cups of Water for milk
 1 tablespoon of Pure Vanilla
 1 tablespoon of Honey
 5 grams stems, trim, leaves etc.

Directions:

1. Get your large mixing bowl and add your almonds. They do not have to be blanched or skinned as the blender and straining will take care of that. This bowl will need to be covered and placed in the refrigerator for a minimum of 18 hours. Best if they are left to soak for 24 hours.
2. Using your acrylic grinder, grind the stems, snips, trim and cuts into the fine powder. Or as fine as you can get. This will be strained anyway.
3. Bring four cups of water to a boil. Place your ground marijuana material in the water and let simmer (not boil) for another 2 hours. Let cool for 12 hours or so. You have time...
4. Once cooled strain the water mixture using the cheesecloth into a mixing bowl. Do not discard the cheesecloth. You will need this again, besides it's got some THC remaining in it you will want to

Nutrition Facts

Serving Size 572g
 Yields 8

Amount Per Serving

Calories 219 Calories from Fat 151

% Daily Value *

Total Fat 18g **28%**

Saturated Fat 1g **7%**

Trans Fat 0g

Polyunsaturated Fat 5g

Monounsaturated Fat 11g

Cholesterol 0mg **0%**

Sodium 23mg **1%**

Total Carbohydrates 10g **3%**

Dietary Fiber 4g **15%**

Sugars 4g

Protein 7g

Vitamin A 0% Vitamin C 0%

Calcium 11% Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

- get another portion of.
5. Add the honey and vanilla to the water. Stir well and place in the refrigerator. Bear in mind the water may be a tad green... It will lighten up.
 6. After 24 hour soak time remove all the water. **DO NOT** use the water from this process. Dump it. Rinse the almonds with some fresh water. If any almonds have floated to the top, scoop them out and throw them away as they are rancid.
 7. Now is the time to mix. Place your soaked almonds in your blender and add the water you made earlier (in case your high right now, this is the water in your frig that has the honey and vanilla in it). Blend for at least 7 minutes on high. You'll notice it will become frothy and will start to lighten. It is now becoming almond milk. If you have a Vitamix, be careful you don't leave it blending too long as it may heat up.
 8. Strain the mixture through the cheesecloth into a bowl or large pitcher. Place back in the refrigerator.

Notes:

Weed Almond Milk should keep in the refrigerator for at least 4 to 5 days.