

Gap Fill: Almond Milk Recipe

An activity of "Q: Where does milk come from?"

"Q: Where does milk come from?" (page 8, *What's Up* April 2023) takes a look at milk from various sources. One such milk is almond milk, a common milk from ancient times in many cultures. Here is an adapted almond-milk recipe from the past. Complete it by filling in the blanks with prepositions.

Making almond milk is simpler than you think. All you need are peeled almonds, which can be found ❶ a the supermarket, and twice its weight of water. You will also need a thin piece of cloth to strain the milk.

First, carefully pound or crush the peeled almonds ❷ i a flour. You can use a mortar and pestle ❸ f this, or even a blender. Try to make it as fine as possible. Transfer this almond flour into a bowl. Next, boil the water. Pour it ❹ o the flour. Let it soak in the bowl for around ten minutes.

Now, you are ready to "milk" the almond milk. Place the straining cloth ❺ o a cooking pot. The cloth acts as a sieve. Then, carefully pour the mixture ❻ t the cloth. Do so bit ❼ b bit. You may find that that the mixture does not filter smoothly. That is okay.

The next step is to wring more milk out of the mixture trapped in the cloth. Using both your hands, twist the wet cloth with the mixture ❸ w it. More milk will seep out.

If this is too challenging, let modern technology come to your rescue. Use a blender to blend the mixture of almond powder and water. In this way, the almond flour can be drunk ❹ a with the rest of the milk.

Heat the milk ❹ a a gentle flame. If you prefer thicker almond milk, heat it for a longer period of time.

There you have it — a recipe for homemade almond milk! Now, try making it with the help of an adult.