Switching From Dairy Milk to Almond Milk

There are several disadvantages to dairy milk that can be contributing to the lack of progression in your new diet or healthy eating routine. For this reason, dairy and dairy milk is usually the first thing that is removed from your diet when you switch to clean eating or to a vegan or vegetarian meal plan. This doesn't mean you have to be without milk at all. In fact, you can switch to a number of nut based milks, including almond milk. Here are some things you need to know about making the switch as easily as possible.

**Try Homemade and Store Brands**

One of the first things you should do in making the switch from dairy to almond milk is try the two different forms of the milk. You can make it at home fairly easily and control what goes into the milk. All you need is a milk nut bag, which can be purchased from most health food stores or online, and almonds. Soak the almonds overnight to soften them. Blend the softened almonds until they are creamy with as few chunks as possible. Put the mixture into a milk nut bag and strain out the milk into a bottle or jug.

You can drink the milk immediately, but you will need to refrigerate it after it is made if you are making a large batch. Also purchase a small bottle of the almond milk in an organic form. This will give you the taste difference of the bases of almond milk. You can then choose which you like best depending on your own tastes, convenience, and how you will be using the milk.

**Add Flavoring**

One of the complaints that many people have regarding the change to almond milk from dairy milk is the flavor being too bitter or bland. This may not be an issue if you are using it in your cereal, oats, or in coffee and tea. If you are not, then you need to consider adding flavorings. You can add raw sugar, vanilla, or other food grade flavorings like cinnamon. These flavorings can be blended in or added as an organic liquid found in most food stores and organic groceries.

**Start Slow**

The biggest piece of advice on how to make the switch from dairy to almond milk is to start slowly. Don't make the total change in one day. Instead try adding almond milk to your coffee or tea first. Then, move up to using it in cereals and oats, and finally to drinking. You can also use it in cooking as well, such as in baked goods or vegan and vegetarian recipes. The trick is to adjust the milk to fit your needs and to fit your tastes. This may take some time.

These are just a few of the methods you can use to help you switch from dairy milk to almond milk. You can also try different organic brands to see which ones taste better to you as some companies will add different flavorings or preservatives that may change the flavoring.