



Not Milk... Nutmilks!: 40 of the Most Original Dairy-free Recipes Ever!

Candia Lea Cole

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In the book 'Not Milk ... NUT MILKS!' Candia Lea Cole presents us with '40 of the most original dairy-free beverages ever,' featuring organic nuts, seeds, fruits, wholesome sweeteners, liquids and natural flavorings. Banana Coconut Cream Walnut Milk, Apple Fruit Harvest Pecan, and Mellow Carob Almond Cocoa are just a few of the delicious choices that she says provide a nourishing source of plant-based protein and calcium. Served warm or nicely chilled (for four season enjoyment), a quart of these creamy smooth-sipping beverages (made with heart-healthy flaxseed) can be prepared in 10 minutes. The author enjoys serving the nutmilks along with a muffin to her family and friends as well as the neighbor kids, who especially like the 'magic' of "making milk without the moo!" Perfect for those who must avoid dairy and milk products due to allergies, lactose intolerance, asthma or other medical reasons. In a taste test, whose results were published in Dr. Julian Whitaker's Health and Healing Newsletter (July 1993), this collection of nut milks ranked #1 amongst several non-dairy contenders! Nutmilks are "eco-friendly." They are free of veterinary drugs and growth hormones that commercial milk products contain, which put the health of cows, people and eco-systems at risk.



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From reader reviews:

Christopher McCrady:

Spent a free time to be fun activity to do! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the guide untitled Not Milk... Nutmilks!: 40 of the Most Original Dairy-free Recipes Ever! can be excellent book to read. May be it could be best activity to you.

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Brian Seery:

In this period globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you is Not Milk... Nutmilks!: 40 of the Most Original Dairy-free Recipes Ever! this reserve consist a lot of the information in the condition of this world now. This book was represented how does the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Typically the writer made some research when he makes this book. Here is why this book suited all of you.

Nolan Russell:

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