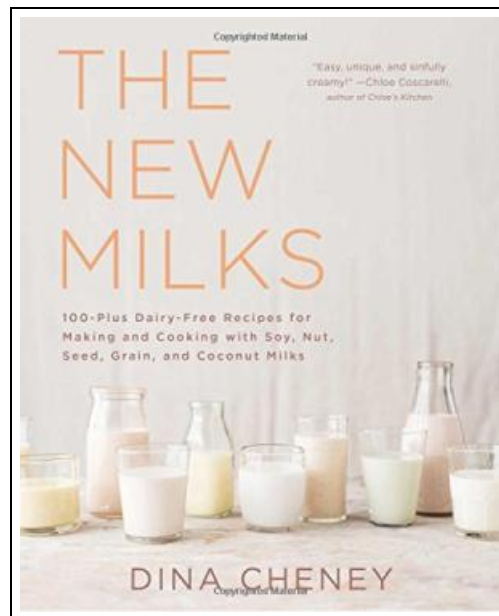


## The New Milks: 100-Plus Dairy-Free Recipes for Making and Cooking with Soy, Nut, Seed, Grain, and Coconut Milks



Filesize: 8.03 MB

### **Reviews**



*This ebook is fantastic. It is probably the most awesome book i actually have read. I found out this ebook from my i and dad suggested this book to understand.*

*(Ethel Mills)*

## THE NEW MILKS: 100-PLUS DAIRY-FREE RECIPES FOR MAKING AND COOKING WITH SOY, NUT, SEED, GRAIN, AND COCONUT MILKS



Atria Books, United States, 2016. Paperback. Book Condition: New. 231 x 187 mm. Language: English . Brand New Book. The definitive guide to non-dairy milks, the first comprehensive cookbook demystifying milk alternatives. Here s how to make and customize all types of vegan milks, with one hundred delicious recipes and handy comparison charts, tips, and guidance for choosing the right dairy-free milks for cooking and baking. Whether you re paleo, vegan and lactose intolerant, kosher or just plain adventurous in the kitchen, your non-dairy options now encompass far more than soy, coconut and almond milks. Consider grain milks, such as oat and amaranth; nut milks, such as cashew and hazelnut; and seed milks, such as sunflower and hemp. Which ones bake the best biscuits? Complement your coffee? Make your mashed potatoes as creamy as mum s? The New Milks has the answers. The New Milks is the first bible of milk alternatives, helping you prepare, select, and cook with all varieties. With helpful charts comparing the texture, nutritional content, taste, and best uses for each milk, plus one hundred flavourful recipes, cooking and baking with non-dairy milks has never been easier! The first section of the book provides instructions for making an incredible range of non-dairy milks, followed by suggestions for use. Then, dive into recipes for breakfast, lunch, and dinner; sweets and breads; and smoothies and drinks. Each recipe calls for the ideal type of non-dairy milk and most list alternates, so you can tweak them for your dietary needs and taste preferences. From Buttermilk Almond Waffles with Warm Berry Agave Sauce, to Mexican Chocolate Pudding, to Avocado-Basil Smoothies, every recipe is dairy-free, the vast majority are vegan, and most are gluten-free.

-  [Read The New Milks: 100-Plus Dairy-Free Recipes for Making and Cooking with Soy, Nut, Seed, Grain, and Coconut Milks Online](#)
-  [Download PDF The New Milks: 100-Plus Dairy-Free Recipes for Making and Cooking with Soy, Nut, Seed, Grain, and Coconut Milks](#)

## You May Also Like



**On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Read PDF »](#)



**Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

[Read PDF »](#)



**Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Merry Xmas! Your kid will love this adorable Christmas book...

[Read PDF »](#)



**Your Planet Needs You!: A Kid's Guide to Going Green**

Macmillan Children's Books, 2009. Paperback. Book Condition: New. Rapidly dispatched worldwide from our clean, automated UK warehouse within 1-2 working days.

[Read PDF »](#)



**Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners**

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and...

[Read PDF »](#)

**Read Write Inc. Phonics: Green Set 1 Non-Fiction 2 We Can All Swim!**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 217 x 115 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books

[Download Document »](#)

**I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy

[Download Document »](#)

**TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the

[Download Document »](#)

**Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Download Document »](#)

**Ready, Set, Preschool! : Stories, Poems and Picture Games with an Educational Guide for Parents**

Book Condition: Brand New. Book Condition: Brand New.

[Download Document »](#)