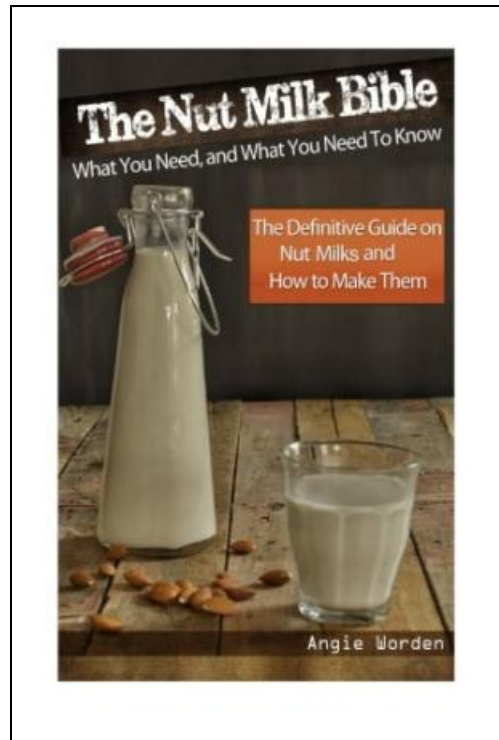


## The Nut Milk Bible: What You Need, and What You Need to Know - The Definitive Guide on Nut Milks and How to Make Them



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## THE NUT MILK BIBLE: WHAT YOU NEED, AND WHAT YOU NEED TO KNOW - THE DEFINITIVE GUIDE ON NUT MILKS AND HOW TO MAKE THEM

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. **Headline** Ready to enhance your dairy-free life in an extraordinary way Ready to see just what a nut can do! Get ready Get Set Its time to dive head first into a world of better health and amazing taste with the nutritional power of Nut Milks. **Sub headline** Creamy, smooth, and delicious Nut Milks made simply in the comfort of your own kitchen. Nut Milks have an exceptionally divine taste and are packed with essential vitamins, minerals, and disease-fighting properties. **Problem Description** Are you Lactose Intolerant or have sensitivities to Dairy Are you craving a delicious dairy-free alternative that will taste just as creamy and dreamy as milk, cheese, yogurt, and butter Are you in need of a dairy-free alternative for cooking and baking that will result in quality dishes **Solution Description** Well, Nut Milk is the ideal solution for people with dairy allergies and sensitivities. It is pure, creamy, and works just as well and tastes just as well in a glass, on your cereal, during baking, and for everything else. Nut milk is loaded with vital nutrients, is protein-rich, and offers many health benefits. Nut milk also contains more calcium and vitamin D than a cup of cows milk! **Solution Benefits** Some of the main health benefits provided by nut milk include, but are in no way limited to: Weight loss (fewer calories, less fat, no cholesterol; reduced sodium) Heart health (no cholesterol, no saturated fat) Healthy, strong bones (more calcium than cows milk, so even better than milk at fighting osteoporosis) Increased muscle mass healthy muscles **Ask for the Sale** Throughout this book you will learn lots of valuable information and tips about nut milk, from how to...

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