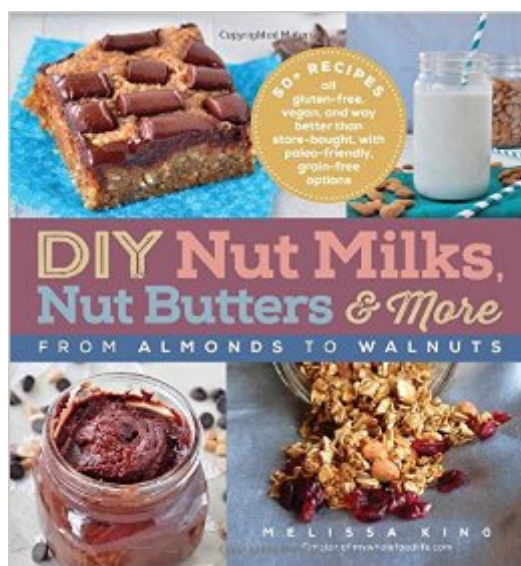


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DIY Nut Milks, Nut Butters, And More: From Almonds To Walnuts



Synopsis

An essential resource. • Alana Chernila, author of *The Homemade Pantry* Your all-in-one guide to making creamy milks, velvety butters, and satisfying treats from almonds, cashews, hazelnuts, and more! *DIY Nut Milks, Nut Butters & More* brings nut power to the people with more than 50 recipes for homemade nut milks and butters along with delicious, whole-food snacks and desserts that put them to use. Inside you'll even find tasty ideas for using the leftover nut pulp! You'll discover all sorts of goodies inside, including: Strawberry Brazil Nut Milk Rich and Creamy Pistachio Butter Chocolate Hazelnut Spread Almond Butter and Jelly Muffins Peanut Butter Cup Granola Salted Honey Cashew Truffles Tropical Protein Smoothie Chocolate Peanut Butter Chunk Ice Cream These decadent yet straightforward recipes use simple ingredients that are most likely already in your pantry. Even better every dish is gluten-free and vegan, and most are grain-free, too. Filled with smart advice, helpful tips, and fabulous recipes, this is your ultimate guide to homemade nut milks, nut butters, and beyond.

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Customer Reviews

I'm not vegan, gluten free or any of the other popular eating styles out there, however I LOVE this book. I have a major sweet tooth and wanted to try and find more wholesome treats to enjoy. I stumbled upon the authors website <http://mywholefoodlife.com> and fell in love with her treats and meals. When she announced her new book was going to be published I was worried it would have the same recipes as her blog. I purchased it anyway to support Melissa since I am grateful for all

her recipes. I am happy to report this book has even more wonderful recipes that I have not seen on her website. I am very excited to create some of these yummy treats and milks. My 3 year old daughter (who is the only in the family who will join me in my wholefoods way, thus far) has really enjoyed looking through the book and keeps telling me what she wants me to make next. Just like the blog, the book is beautifully photographed. Thanks for a wonderful cookbook full of wholesome recipes!

Usually what comes to mind is peanut butter and almond milk when you're thinking about nut butters and nut milks. And perhaps now with the omnipresent Nutella, and its host of imitators, we begin to branch out a little bit. In this fantastic cookbook, Melissa King teaches you to make your own nut butters and nut milks. It turns out to be incredibly easy to do. Probably the hardest part is finding raw nuts to start the process with. But she has included some tips on how to find raw nuts. I had not even thought of making pistachio mild or macadamia nut spread before reading this book. Of course there's only so many salted honey cashew butter sandwiches and brazil nut milk you can drink. One of the other great parts about this book is that King has a number of very creative recipes for being able to use these different nut butters, nut milks, and nut pulps (very important for this last one, since nut milks leave you with a lot of nut pulps). These range from muffins and smoothies to fudge and ice cream. The recipes are not meant to be comprehensive, but more to spur you on to all sorts of delicious innovations and combinations. This is one of those cookbooks that gets your saliva flowing.

I've been making Melissa's recipes for over a year now and most of them are recipes I rotate through on a weekly basis. Many of them are some of my most favorite foods since going vegan. Her recipes are so easy and usually just require a few ingredients. I have no idea where I would be without her. I've taken many things to outside events and everyone raves over them. All of her overnight oat recipes, flourless peanut butter muffins, thai peanut stir fry, chia puddings, granolas...all delicious!!

Wow. This book will satisfy your sweet tooth without compromising your health. I've been following the My Whole Foods Life blog for a while now and am rarely disappointed when I try the recipes. I've tried a few recipes so far from the new book and am still licking my fingers. Two (sticky) thumbs up!

Super easy instructions with super easy recipes. Melissa makes healthy YUMMY! I have been following her blog mywholefoodlife.com from almost the beginning, and she has made some amazing stuff that even my picky son loves. Because of her I make my own nut butters and dare I say, I may even try to make my own almond milk. She makes it seem T H A T easy. Buy this book!!! Seriously B U Y it!!!! You won't regret it. Chocolate Peanut Butter - need I say more!!!

I love this little book! I wasn't sure I needed it since I am an avid blog follower and have found many recipes there. I do need it- bought it today :) Sometimes you just want to browse a paper copy, be inspired by the photos, or give a gift-- I'm already pondering who else might love this little gem! Publisher, if you are reading this, please start planning the future volumes- savory dishes, vegan remakes of family favorites, fancy-schmancy desserts, post workout treats. Melissa is the bomb in all these categories!

BUY THIS BOOK!!! Whether you have dietary restrictions , just want to be healthier or are cooking for someone who wants delicious treats but without all of the processed stuff... This book is for you!! The author practically holds your hand through her " whole food life " approach to cooking and it is so helpful. The explanations of what you need and why it's important are wonderful and the recipes will knock your socks off! The thing that I especially love is its not complicated. When cooking with whole food ingredients, you don't need many to make an incredible dessert. The breakfast ideas will be your easy "go-to" breakfasts forever, guaranteed ! Her overnight oats are absolutely the most delicious creations and you wake up to breakfast already made!! Donuts? Healthy? You better believe it!! Who knew? These treats are kid and husband approved in our home and I feel so good knowing they are not having pre- packaged foods with ingredients that I can't even pronounce in them. The book is beautifully illustrated, which I love because I want to see the final product before I make it. I could go on and on about how awesome this book is but I have some delicious chocolate cashew butter thumbprint cookies waiting for me and let me tell you, they are deeeelicious!! Oh, what shall I make next?!

I have followed Melissa's FB and Blog and thought I had a full grasp of what she had to offer, however this book blew me away. So many new and exciting recipes! I also love the down to earth explanations and review of the ingredients and appliances needed. Very helpful for someone like myself who is new to the whole food way of life. I love that there are tons of pics, reality is I only tend to make the recipes that have pictures!! so this book is definitely for me!

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