



LAOR K A E L H E L I R A Z

VEGAN NUT MILK

**DON'T GO NUTS -JUST
MAKE A MILK OUT OF
IT**

Intro

1. Cashew milk
2. Macadamia milk
3. Chocolate macadamia milk
4. Almond milk
5. Chia milk
6. Strawberries macadamia milk
7. Pineapple juice
8. Almond kiwi milk
9. Brazil chocolate
10. Almond - banana milkshake

Bonus

Strawberries cookies
Granola



DON'T GO NUTS
- JUST MAKE A
MILK CUT
OF IT



This book is all about creating milk from nuts

there are so many benefits in drinking nuts and in nut milk you can get them straight foreword', there's so much joy in making this nut milk with your kids and sit for a chat and play.

Your body will thank you for that

So all you need to do now is just put your self into a position that you will feel comfort and seat back, take your favorite cup and pure yourself fresh, living nut milk and ...enjoy

Cashew milk

The cashew nut is very rich nut that can easily can be cream also

This nut has very smooth flavor and can be added as scop of cashew ice cream to any milk

Cashew milk

1 cup of cashew nut
(soaked for 5 hours)

For sweetens maple syrup or honey or 4 barhi dates (soaked for 30 min)

How to

Put all the ingredient in a blender with 3 -4 cups of water and make it a smooth cream

Topping

Spread cacao nibs on top and cinnamon powder



Macadamia milk

1 cup Macadamia (soaked for 5 hours)

1/2 tea spoon of cinnamon

Pinch of vanilla (can be the extract with NO alcohol)

1 spoon of honey /maple syrup

or can add barhi dates (4 dates)

How to

Put all the ingredient in a blender andd make it a



Chocolate macadamia milk

1 cup Macadamia (soaked
for 5 hours)

1/2 tea spoon of cinnamon

Pinch of vanilla (can be
the extract with NO
alcohol)

1 spoon of honey /maple
syrop

or can add barhi dates (4
dates)

table spoon of cacao
powder or carob powedr

Cacao nibs on the top

Coconut oil tea spoon

How to

Put all the ingredient in a
blender and make it a
smooth cream

Put the cacao nibs on the
top



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Almond milk

When we make almond milk with my family we pill the almond and put them with out the brown skin, I know their are some who just put them together and then Filters it, but believe me their is nothing to compare when you pill all the skin and make a clean almond milk.

If you do it with the skin the color will be beige , so I highly recommend you to pill them and enjoy full



Almond milk

1 Cup almonds (pilled)
(soaked for 5 hours)

1/2 tea spoon of
cinnamon

Pinch of vanilla (can be
the extract with NO
alcohol)

1 spoon of honey /maple
syrop

or can add barhi dates
(4 dates)

Coconut oil tea spoon

1 Tea spoon of maca
powder

Other options

**Take a cashew vanilla Ice cream
and put it inside the almond milk
scoop chocolate syrup on the top
of it**



Cashew ice cream

1 cup soaked cashew

4-5 soaked dates

Pinch cinnamon

3 frozen bananas

How to

Put all the ingredients into a blender and blend it until smooth cream

It froze like this you can put it in the freeze to keep it chill or you can eat it all right away



Chocolate syrup

1 Table spoon of
chocolate powder
3 soaked dates
1/3 cup fresh water

How to

Put all the ingredient in a
blender and blend it until
smooth



Chia milk

Soak the chia in a glass
and cover it with water -
leave it aside for 1 night
or 6 hours

1/2 cup of your favorite
nut

Pinch of cinnamon

pinch of vanilla

How to

Put all the ingredient in a
blender and cover it with
water (4 cups) -blend it
until it become smooth

You can garnish it with slice of
Mango, papaya



. Strawberries macadamia milk

1 cup of organic
strawberries

1 cup of macadamia nuts (soaked over night or 8 hours)

4 dates (soaked and pilled

How to

Put all the ingredient in a blender and cover it with water (4 cups) -blend it until it become smooth



Pineapple juice

1 fresh pineapple
1 fresh pipa water
(coconut water)
1 Aloe Vera whole leaf (without the skin)
1 batch fresh Moringa leaf / white grass
(optional)
1 small amount of ginger

How to

Cut the pineapple into slices

Place the cubes in the blnder and pure the pipa water

Blend it until smooth

Filter the liquid in strainer and drink the liq

* instaide of pip you can use fres as well - but the water are tasty



After you make the Juice put the Aloe
Vera leaf and blend it again

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