



## Milks Alive: 140 Delicious and Nutritious Recipes for Fresh Nut and Seed Milks (Paperback)

By Rita Rivera

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Milks Alive specializes in blending flavors for plant-based milks, infused with healthy sweeteners. Get started on the road to better health with Milks Alive, featuring 140 delicious and nutritious plant-milk recipes made from a variety of nuts and seeds. 140 recipes using; Almonds, cashews, walnuts, hazelnuts, brazil nuts, macadamia nuts, peanuts, coconuts and sunflower, pumpkin, hemp and chia seeds. Treat your palate to a wide variety of flavors that satisfy and support health, vitality and optimal weight through diet. Replace dairy with a variety of tasty, creamy and silky textured; Milks Smoothies Soda fountain creams Milkshakes In Addition; Learn about ratios in preparing nut and seed milks Enjoy frothing nut milk for coffee or tea lattes Learn how to use chia seeds with milks and iced teas Basic information on the Glycemic Index Soaking nuts seeds Whether or not to blanch almonds Use supplements to add a subtle sweetness to your milk Use supplements to enhance the texture of plant milk Easily incorporate nutritional leafy greens and wheat grass The Nut Seed World Comes Alive! Use nuts and seeds to expand your...

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