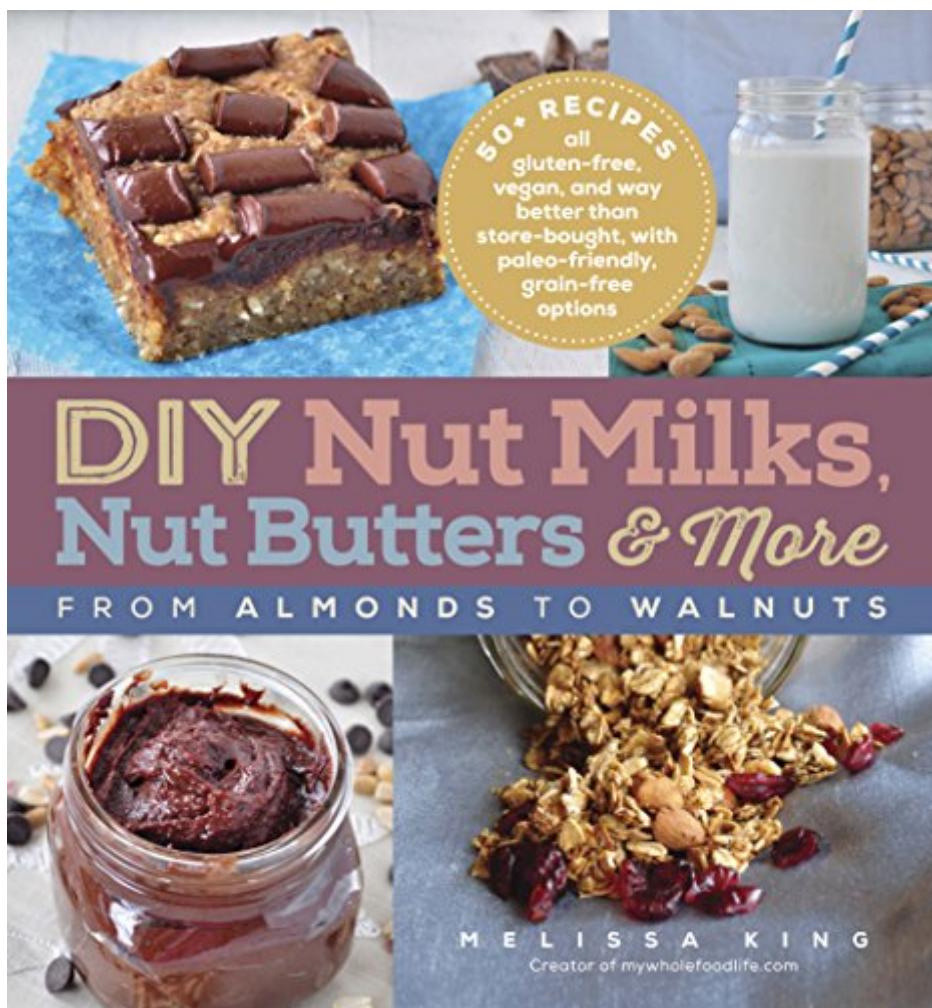


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# DIY Nut Milks, Nut Butters, And More: From Almonds To Walnuts



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## 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.

## Book Information

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## Customer Reviews

Super easy instructions with super easy recipes. Melissa makes healthy YUMMY! I have been following her blog [mywholefoodlife.com](http://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!!!

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!

Wow, I recently switched to LCHF eating plan and the results have been amazing and my blood work came back all clear and optimal health, except one thing...my cholesterol was 4 points from optima (103 instead of 99). So I wanted to incorporate more nuts and oatmeal instead of butters back into my diet and ran into this book. All I have to say is OMG, this book is amazing! I already whipped up the almond butter within minutes of getting the book and now I'm on her website trying out the truffles. The recipes are amazing, especially the caramel oats, mmmmmmmmm. And another joyous thing, is that they are EASY to follow, not a lot of crazy ingredients and most are about 6 or less. Also the things she does with the pulp....absolutely amazing and so simple, I love it! and highly recommend it whether you are LCHF, primal, Vegan, etc.....it's a great must have for everyone's recipe pantry and to top it off, it's not only delicious, but healthy! :)

I couldn't wait to get this recipe book. Each and every recipe is awesome! The directions are easy to follow and there is something for all occasions. I love cooking with nut butters and this book has many choices.

This is a really good book. Any dairy, dairy byproduct, etc., will send my son into anaphylactic shock so having a quick way to make alternative milks, etc., without the cost of buying non-dairy milks (still with many additives) is great. Thank you.

My new favorite cookbook! Melissa did a fantastic job explaining every recipe. When I first got the book I read the whole thing in one sitting. I have always been intimidated by making my own nut milk. Now I am not! I love how she shows you what to do with the leftover pulp so there is no waste.

I love how many different ideas of variations she gives! There are SO many possibilities! After making several of the recipes, I can already tell that this will be the only cookbook where I use ALL of the recipes, over and over! My family has followed Melissa's blog (Mywholefoodlife) for almost 2 years now, we have never been disappointed. Our family is healthier and has a renewed love of cooking and baking all due to Melissa's recipes. This is a must have book!

I have watched Melissa and her recipes change so many lives. I don't know how she does it to be honest with you. Leading such a busy life and still makes time to personally communicate with her followers. Thank you Melissa for all you do. I have not had one recipe fail me. Easily transitioned my husband too! The recipes are easy and taste great! Keep them coming Melissa! You're the bomb diggity!

I never knew that making almond milk would be sooo easy and sooo tasty!! My 2.5 yr old loves it, thinks it's a treat. Melissa really knows her no bake treats as well. I am so addicted to a cashew butter treat she has in there, it's the best non-dairy, non-chocolate treat I could ask for. This is a must buy!!!

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