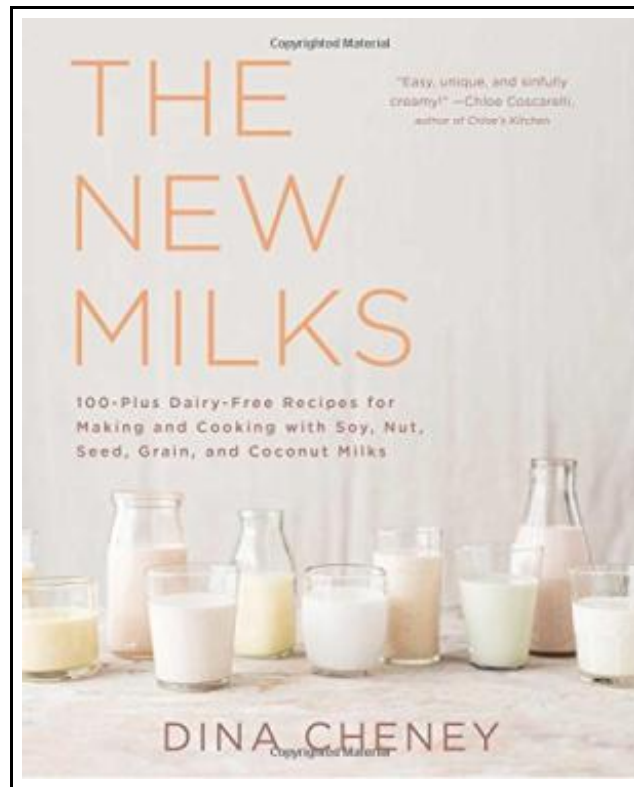


## The New Milks: 100-Plus Dairy-Free Recipes for Making and Cooking with Soy, Nut, Seed, Grain, and Coconut Milks



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
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***(Fabian Bashirian DDS)***

## THE NEW MILKS: 100-PLUS DAIRY-FREE RECIPES FOR MAKING AND COOKING WITH SOY, NUT, SEED, GRAIN, AND COCONUT MILKS



Atria Books, United States, 2016. Paperback. Book Condition: New. 231 x 187 mm. Language: English . Brand New Book. The definitive guide to non-dairy milks, the first comprehensive cookbook demystifying milk alternatives. Here s how to make and customize all types of vegan milks, with one hundred delicious recipes and handy comparison charts, tips, and guidance for choosing the right dairy-free milks for cooking and baking. Whether you re paleo, vegan and lactose intolerant, kosher or just plain adventurous in the kitchen, your non-dairy options now encompass far more than soy, coconut and almond milks. Consider grain milks, such as oat and amaranth; nut milks, such as cashew and hazelnut; and seed milks, such as sunflower and hemp. Which ones bake the best biscuits? Complement your coffee? Make your mashed potatoes as creamy as mum s? The New Milks has the answers. The New Milks is the first bible of milk alternatives, helping you prepare, select, and cook with all varieties. With helpful charts comparing the texture, nutritional content, taste, and best uses for each milk, plus one hundred flavourful recipes, cooking and baking with non-dairy milks has never been easier! The first section of the book provides instructions for making an incredible range of non-dairy milks, followed by suggestions for use. Then, dive into recipes for breakfast, lunch, and dinner; sweets and breads; and smoothies and drinks. Each recipe calls for the ideal type of non-dairy milk and most list alternates, so you can tweak them for your dietary needs and taste preferences. From Buttermilk Almond Waffles with Warm Berry Agave Sauce, to Mexican Chocolate Pudding, to Avocado-Basil Smoothies, every recipe is dairy-free, the vast majority are vegan, and most are gluten-free.

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