

DIY Nut Milks, Nut Butters & More ~ By Melissa King

If you are new to plant based eating it can seem like a whole new world. If you simply want to learn some new whole food skills and have some yummy dessert recipes, DIY Nut Milks, Nut Butters & More is a fun little, information and recipe packed book! Nut milks and nut butters are delicious and packed with vital nutrients without the side effects of dairy. Melissa does a great job of teaching how to make your own nut milks and nut butters. Empower yourself by learning how to make your own nut milks and nut butters. Free yourself from the boxed version in the grocery store which often contains all kinds of additives to make them shelf stable.

“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.”

