



The Joys of Almond Milk: Delicious Recipes for the Dairy-Free

By Instructables. Com

Skyhorse Publishing. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 8.0in. x 5.5in. x 0.6in. Unsweetened almond milk has less than half the calories of skim dairy milk. It has the same consistency of whole milk, and it has more vitamins and minerals than soy milk. If you can handle tree-nuts, then you have no excuse not to use almond milk every day of your life. With so many diets and eating habits out there like vegan, gluten-free, and low-carb it can be confusing to try keeping up with what kind of food is acceptable for specialty eaters. The beauty of almond milk is that it fits all of those eating habits and so many more. Even more perfect is that almond milk can be used in place of dairy, soy, or rice milk in almost any cooking situation. With these dozens of Instructables recipes in one convenient collection, you'll be on your way to a more almond-based lifestyle in no time! Only in this collection can you find amazing recipes like: Raw chocolate almond chia pudding, Vegan butternut biscuits, Creamy vegan baked potato soup, Vegan shepherd's pie, Healthy chocolate banana bread, and so much more! You don't have to be vegan, gluten-free, or even watching your weight to...



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