

# NUT MILK

## RECIPE BOOK

Your Free Bonus For Shopping With Love Tree



### **Delicious Nut Milk Recipes**

Using our Organic Hemp, Organic Cotton & Nylon Bags  
Nut Milk Bag Care Guide & Bonus Paleo Recipes Included



**KATY RICE**

# Contents

Nut Milk the Great Alternative to Dairy .....	3
How to Use and Care for Your Nut Milk Bag .....	4
General Care.....	4
Cleaning Your Nut Milk Bag.....	5
Nut Milk Recipes .....	6
Almond Milk .....	6
Green Minty Almond Milk.....	7
Carrot Pecan Milk.....	8
Banana Peanut Butter Smoothie .....	9
Romaine Lettuce Smoothie .....	10
Coconut Milk .....	11
Coconut Milk Yogurt.....	12
Horchata - Tiger Nut Milk.....	13
Brown Rice Milk .....	14
Chocolate Chia Cherry & Avocado Pudding.....	15
Extra Bonus Paleo Recipe Section .....	16
Quick Squash or Pumpkin Soup .....	16
Easy Thai Fish and Seafood Soup .....	17
Mac and Cheese .....	18
Cream Tuna on Toast aka S.O.S.....	19
Coconut Nut Dressing.....	20



# Nut Milk the Great Alternative to Dairy

Nut milk is delicious with a rich taste. It is made of crushed nuts and it has a soft, silky, creamy texture of water and nuts. You can customise it with many different added flavours like cinnamon, vanilla and cocoa. Almond milk has great health benefits, studies have shown that plant and nut milk – milk derived from almonds, soy, coconut, hazelnut and many others are a great source of vitamins and minerals. Almond Milk contains no saturated fats and is not processed like dairy milk.

One serving (8 fl oz) of unsweetened almond milk contains in the region of 30-40 calories, 2.5-3 grams of fat, 1g of protein, 1g of fibre and vitamins and minerals.

These recipes use a lot of almonds in them so when we talk about soaked almonds we mean for at least 8 hours in a bowl covered with filter water.

Almonds are protein rich and full of vitamin E, magnesium, selenium, manganese, zinc, potassium, fibre, iron, phosphorus and calcium. Full of heart healthy flavonoids, it is suggested that almond milk can help lower LDL cholesterol and protect the heart.

## Lactose Free

The great thing about almond milk is it is Lactose free. Many adults and children are lactose intolerant. Lactose is the sugar found in cow's milk. Drinking cow's milk combined with lactose intolerance can cause abdominal discomfort, stomach bloating and diarrhoea for those affected. Because almond milk is extracted from a nut, it's plant derived and therefore lactose free. Lactose intolerant people can substitute cow's milk in their diet for almond milk.

## Caution

Almond milk is thought to be a goitrogenic food, i.e., it contains chemicals that can harm the thyroid when consumed in large quantities. People who have a low thyroid function, it's advised to only drink almond milk in limited moderation. These chemicals are also found in other commonly enjoyed foods such as strawberries, spinach and broccoli and is usually nothing to be concerned about.

Almond milk is no substitute for breast milk and does not contain the right nutrient levels required for an infant's so do not use this as a replacement for breast milk or formula. However children can drink it as a replacement to cow's milk.



# How To Use & Care For Your Nut Milk Bag

You have your new Love Tree nut milk bag and I know you are ready to go so here are a few tips for getting longevity from your purchase.

## General Care

The bags are strong and should last you a long time, we sell **organic hemp**, **organic cotton** and **nylon nut milk bags**. The bags can be used both ways around, the way you received it or turn it inside out.

To prevent any pulp getting in the seam of the organic cotton or hemp bags turn the bag inside out so the seams are on the inside when using. If this happens please contact support for a free replacement.

When straining don't twist the bag as this puts lots of pressure on the seams. Putting lots of pressure on the seams can cause pulp to get in the seam so be careful.



## Squeezing

Lift the bag and gently squeeze the bottom like you would a sponge and all the lovely nut milk or juice will come pouring through. Keeping squeezing until you are left with a semi damp bag of pulp in your nut milk bag. You can either discard the pulp or keep it for adding to yummy food recipes.

## Cleaning Your Nut Milk Bag



After you have removed the main lump of pulp from the bag you can rinse under a tap or wash in warm soapy water to clean any mild staining from vegetables.

**If you are using one of our organic hemp or organic cotton fabric bags they will take on some of the colour if you are straining fruit or vegetables.**



After rinsing the bag you can hang on the line to air dry which is usually very quick with nylon range. The organic fabric bags will take a little longer to dry.



# NUT MILK

## Recipes

As a bonus for buying your Love Tree nut milk bag we have put together a collection of homemade nut milk recipes and a bonus paleo recipe section using nut milks. They are for the most part simple, easy to make, most do not take much time and effort. The result will be some nice, light healthy drinks that taste wonderful. Follow the guide or get creative, and enjoy your rich, milky homemade drinks. These recipes are just a guide and you can change them to suit your own tastes.



### Almond Milk

Almond milk contains more nutrients than other dairy milk alternatives. The health benefits from drinking almond milk even match dairy choices so ideal if you are lactose intolerant. Almond milk works as a great alternative for those with soy and lactose allergies.

#### INGREDIENTS YOU NEED:

125g of raw almonds  
500ml of filtered water  
1 spoonful of honey – optional to taste  
Pinch of sea salt – optional to taste

If you want something special, you can add your own sweet twist, like a teaspoon of vanilla extract, raw cacao, coconut extract or cinnamon.

Soak the almonds in filter water for at least eight hours, or up to twenty four hours. Once they have soaked, drain the water away which should be brown in colour. Raw almonds have tannic acid and an enzyme inhibitor in its brown skin which stop it from activating until the conditions are right. Soaking overnight unlocks the enzyme inhibitor allowing you to gain more of the nutrients from the almonds.

Place the almonds, vanilla (cacao etc.), and filter water in a blender. Blend the mixture on high speed for one minute, and then strain the mixture through your Love Tree nut milk bag. You can keep the pulp for adding to cake recipes. You have just made Almond Milk.

## Green Minty Almond Milk



chlorophyll that contribute to blood building, as well as boosting the quality and quantity of your red blood cells.

### INGREDIENTS YOU NEED:

- 2 cucumbers
- 2 ribs of celery
- 2 to 3 handfuls of spinach
- 150g of soaked raw almonds
- 900ml of filtered water
- 1 sprig of Mint – Optional to taste

Before you start making green almond milk, you should soak the almonds for eight hours. Then place the cucumbers, celery, spinach and mint through a juicer, and strain off the juice, using your nut milk bag. You should get at least 500ml of juice from this. Put it aside. Get the almonds, place them in a blender and blend them on high speed for one minute. Then strain the almond milk in your Love Tree nut milk bag. You should have 500ml of almond milk. Now mix the green drink and the almond milk in a jug – that's it! Enjoy your healthy green beverage. It can stay fresh for two days when you store it in the fridge.

## Carrot Pecan Milk



This is an unusual milk and it is tasty and very good for you. You can always enhance nut milks with some added vegetables and it's a great way to get children to eat their daily vegetables. Packed with natural sources of vitamins.

### INGREDIENTS YOU NEED:

125g of soaked raw pecans  
2 carrots  
1 teaspoon of cinnamon,  
a pinch of cardamom powder  
2 teaspoons of vanilla extract (or coconut extract)  
2 tablespoons of maple syrup,  
750ml of filtered water

After you have soaked your raw pecans for eight hours or overnight ideally. You can then peel and chop the carrots. Then put all the ingredients into a blender. Blend them on high speed for at least one minute or until pulped. Strain it with a Love Tree nut milk bag. It stays fresh for two or three days when kept in the fridge, covered.



## Banana Peanut Butter Smoothie



Bananas and peanut butter make a healthy snack. This smoothie is gluten free, since oat does not contain gluten. Tastes amazing and will give you a good sustained boost of energy.

### INGREDIENTS

- 125g of soaked raw almonds
- 4 bananas broken in to chunks
- 2 tablespoons of peanut butter
- 1 teaspoon of vanilla extract – cocoa, coconut etc.
- 80g of oats or 30g of spinach
- 700ml of filtered water

Place the almonds into a blender, along with 450ml of filtered water. Blend them on high speed for a minute. Strain it with your Love Tree nut milk bag.

Blend the oats, vanilla extract or other flavouring ingredients with 250ml filtered water. After that, add the greens, and blend them, too. Then add the banana chunks, peanut butter and the almond milk, then blend the whole mixture on high speed for about two minutes.

## Romaine Lettuce Smoothie



Romaine lettuce has more vitamin C than an orange and is a great source of beta carotene and vitamin K.

Romaine lettuce is great in a salad but also in a smoothie due to its mild taste.

### INGREDIENTS:

125g of soaked almonds  
125g of strawberries  
1 banana  
250ml of pineapple juice  
1 apple  
1 romaine lettuce  
2 tablespoons of pumpkin seeds  
40g of dried apricots  
80g of oats  
750ml of filtered water

Chop the apple and the romaine lettuce. Blend the almonds and 500ml of filtered water on high speed. Strain the liquid with your Love Tree nut milk bag. You should get 250ml of almond milk.

Blend the dry ingredients. Add the chopped lettuce and blend the mixture. Then add the fruits too. Blend them for about two minutes on high speed until smooth.

## Coconut Milk



The coconut is the seed of a tropical palm tree. This plant seed is a power house of vitamins and minerals that are important to the body.

Here are a list of the main ones Potassium, Phosphorus, Calcium, Magnesium, Iron, Sodium, Manganese, Zinc, Copper, Selenium It is a great source of medium chain fatty acids. Traditionally used in Asian and Caribbean cooking.

### **INGREDIENTS:**

2 brown coconuts  
750ml of filtered water

Pierce the coconut and drain the coconut water into a bowl. Split the coconut: cover it with a towel and break up with a hammer. Pry the coconut meat from the husk with a paring knife; make sure that no outer coconut skin will get amongst the coconut meat. Cut the coconut meat into chunks and place in the blender.

Heat up the filter water in a pan but don't bring it to the boil, it just has to be hot. Pour in the hot filter water with the coconut and let it sit for 2min. This helps soften the coconut further before blending.

Blend for about 1min on high speed or until smooth. Use a Love Tree nut milk bag to strain the liquid. Use rubber gloves if the water is still very warm. You can keep the coconut pulp for recipes. Once cooled it can be refrigerated and stored for 3-4 days.

## Coconut Milk Yogurt



Homemade coconut milk yogurt is packed with vitamin C, vitamin B6, and vitamin E, Potassium, Phosphorus, Calcium, Magnesium, Iron, Sodium, Manganese, Zinc, Copper and Selenium. Be a master in the kitchen by creating your own non dairy yogurt and it's also a great source of medium chain fatty acids.

### INGREDIENTS:

- 2 brown coconuts
- 750ml of filtered water
- 1 tbsp of gelatine
- 1 packet Vegan Yogurt Culture

Pierce the coconut making two holes (I use a corkscrew), then drain the coconut water. Wrap the coconut into a tea towel and give it a good few smashes outside on the patio (or use a hammer). Pry the coconut meat from its husk.

Heat the water up in a pan so it's hot but not boiling and put that and the coconut flesh into a blender. Blend them on high speed for three minutes. Use your Love Tree nut milk bag to strain the liquid. Then heat the coconut milk at 45°C or 115F.

Remove 250ml of coconut milk. Add a tablespoon of gelatine to it, mixing well. Then gradually add the remaining coconut milk to the mixture. Let it cool down to 110F. Add the yogurt culture. Then keep it at 108F for six to eight hours.

Stir and refrigerate for at least 5 hours. Yogurt will not thicken until after refrigeration time.

## Horchata - Tiger Nut Milk



Horchata de chufa also known as tiger nut milk is a traditional Spanish drink made from tiger nuts, similar to rice milk or almond milk. They are not actually nuts, but tubers of a plant called the yellow nutsedge and Tiger nuts are high in iron, potassium, magnesium and Vitamins C and E.

Although horchata has many health benefits, the traditional recipes are often very high in sugar. We buy our organic tiger nuts from “The tiger nut company”, they are amazing. Ani and Chris have provided us with this best ever creamy horchata recipe. We tried it and just had to share it with you it was so lovely.

### INGREDIENTS:

200g organic tiger nuts  
800ml filtered water  
Cinnamon  
Agave Nectar

Soak the tiger nuts in water for at least 4-6 hours or preferably overnight. Drain and rinse in clean water. Place in blender with 800 mls of filtered water and blend. Using your lovetree nut milk bag, strain the mixture over a large bowl and squeeze until all the liquid has drained. Then add a large pinch of cinnamon and a splash of agave (around 1 tsp) and mix. That's it!

The horchata flavour will improve and develop if chilled in the fridge for a while. I find it stores well for 2-3 days. You will notice there is a lot of sediment that settles at the bottom – do not discard! This sediment contains all the flavour and nutrients, in particular it is a valuable source of resistant starch which keeps you feeling fuller for longer. We like to keep my horchata in bottles (we love the retro milk bottle ones!) as this makes it easy to shake and mix the sediment back in.

This is an ideal and healthy milk substitute for those who are dairy and lactose intolerant, and can be used in tea, coffee, cooking, smoothies and anywhere else you would use milk.

## Brown Rice Milk



Brown rice has its advantages over white rice such as being easier to digest. This luscious drink does not contain gluten, additives, or preservatives.

### INGREDIENTS:

180g of brown basmati rice, cooked

1 litre of filtered water

Optional: ½ tsp Vanilla extract

Optional: 1 tbsp of raw organic honey

Place the rice and the water in a blender then add your vanilla or organic honey if you wish to sweeten the milk. Blend the ingredients on high speed for 2 minutes. Strain the liquid using your Love Tree nut milk bag. Decanter into a lidded glass jar for storage, it can stay fresh in a refrigerator for 3 to 4 days. Give the milk a shake before drinking when removing from the fridge. Avoid heating this milk up as it will turn to a custard consistency very quickly.

## Chocolate Chia Cherry & Avocado Pudding



This is another Recipe provided by The Tiger Nut Company  
It is a lovely recipe great for breakfast or desert.

Place chia seeds in a jar or bowl roughly 1/4 chia seeds to 3/4 horchata (tiger nut milk). If you don't have horchata ( see tiger nut milk recipe) or you can use rice, coconut or almond milk. Mix in some cinnamon and raw cacao or cocoa to taste, and leave for 6 hours, or overnight to soak. They will swell up and thicken to a rice pudding consistency. Taste and add more cacao if needed. Horchata is naturally sweet but with other milks you may also need to add a little sweetener such as agave nectar or maple syrup.

### INGREDIENTS:

Chia Seeds

Tiger Nut Milk

When ready blend together the following

1 Pear

1/2 Apple

1/2 Small Avocado

handful of greens

a little water if needed

Then add 1-2 tablespoon Tiger Nuts milled until you have a thick smoothie.

Layer the chia pudding with the smoothie, and pop a generous amount of cherries on top. Enjoy!

# Extra Bonus Paleo Recipe Section

Great recipes using nut milks

## Quick Squash or Pumpkin Soup



### INGREDIENTS:

- 1 Tbsp. coconut oil
- 3-4 Shallots thinly sliced
- ½ Tsp Celtic or Himalayan Sea Salt
- 1-2 cloves fresh garlic (pressed)
- 2 Tbsp. fresh ginger (pressed)
- 1 Tsp Pumpkin Pie Spice\* (optional but suggested)
- 4 cups (36 oz) canned squash or pumpkin (you can use fresh if in season)
- 2-3 cups (500-750ml) chicken or vegetable

stock (preferably homemade) dilute with water if your broth is strong or condensed. Strongly flavoured broth will overpower the other flavours.

Ground pepper to taste

2/3 to 1cup (200-250ml) homemade coconut milk or homemade almond milk (more or less depending on thickness and creaminess desired)

1 to 2 tablespoons honey or maple syrup

\*½ teaspoon of Cinnamon & ½ teaspoon of Nutmeg if you can't get Pumpkin Pie Spice

### PREPARATION:

You will need either a large Stainless Steel sauce pan or a large Cast Iron Dutch oven with a lid.

1. Melt the fat in the pan. Add the shallots and sea salt. Sauté on medium heat until the shallots are translucent.
2. Using the garlic press, squish the garlic and the ginger into the pot. Sauté another minute.
3. Sprinkle in the Pumpkin Pie Spice and stir to mix.
4. Add the squash and broth. Cover the pot, bring to a boil then reduce heat and gently simmer approximately 10 minutes to let the flavours mingle.
5. Add the coconut or almond milk to the pot.
6. Add the maple syrup or honey now.
7. Adjust the salt.
8. Ladle into a bowl and garnish with chopped greens such as parsley, green onion, or chives

**Note:** This soup freezes well so it's a good idea to make extra for when you need to grab some supper as soon as possible.



## Easy Thai Fish and Seafood Soup



### INGREDIENTS:

- 1 ½ (350ml) cups coconut milk
- 3 cups (750ml) chicken or vegetable stock (can use fish stock or a combination of two)
- 2 Tsp Red Boat Fish Sauce
- 12 ounces (340g) firm fish cut in chunks
- 12 ounces (340g) cooked sea food (scallops, small shrimp, crab meat etc.)
- 2-3 Tbsp. lime juice
- 1-2 Tsp fresh ginger (Minced)
- ½ cup (100g) carrots (cut into chunks)
- ½ cup (100g) celery (cut diagonally in chunks)
- ½ to 1 tsp red curry paste
- Sea salt to taste

### PREPARATION:

1. In a large sauce pan add coconut milk, stock, fish, Red Boat fish sauce, lime, ginger, vegetables and bring to a simmer over medium heat. Stir gently with a wooden spoon. Be careful not to break up the fish too much.
2. Reduce to simmer and add curry paste and sea salt.
3. Add sea food and simmer another 5-10 minutes until heated through. Stir gently.
4. Ladle into bowls. Garnish with parsley, chives, or chopped basil. Serve with Lime wedges and crushed red pepper if desired.

## Mac and Cheese



At Love Tree we like to eat our Mac and Cheese with a green salad. (This recipe contains dairy)

Pre-Heat oven to 180°C or 350F.

- Serves 2-4.

### INGREDIENTS:

2 Tbsp. good quality butter

2 Tbsp coconut flour

1 ½ to 2 cups 375- 500ml coconut milk (almond or cashew milk is good too but the amount may vary)

2 Cups (160g) shredded mature cheddar cheese or any combination of cheeses that you like

½ Tsp. nutmeg

Salt and pepper to taste

1 bag gluten-free rice macaroni

### PREPARATION:

1. Make noodles according to package directions. Drain and set aside.
2. In a heavy bottomed sauce pan, melt butter over medium heat.
3. Stir in the coconut flour and mix with the butter to form a paste. This will form a “Rue” of sorts.
4. Over low to medium low heat begin slowly mixing in the nut milk. It will thicken quickly. Keep stirring and adding milk in small amounts until the mixture loosens and begins to become liquid. This is the same process as making a white sauce with regular flour so take your time and keep mixing.
5. When you have the sauce the consistency you like add the shredded cheese ½ cup (40g) at a time allowing it to melt into the sauce. Add more or less depending on how cheesy you want your sauce.
6. Add the nutmeg and the salt and pepper to taste.
7. Put the macaroni in a glass baking dish (8x12, 9x9inch or a round casserole)
8. Pour the cheese sauce over the noodles and mix gently.
9. Top with a layer of shredded cheese. Bake for about 20 minutes or until bubbly and brown on top.
10. If you just can't wait.....no need to bake.
11. You can also add crunchy toppings of your choice, bread crumbs, potato chips etc.

## Cream Tuna on Toast aka S.O.S



Serves 2-4 – (This recipe contains dairy)

### INGREDIENTS:

2 Tbsp. good quality butter

2 Tbsp. coconut flour

1 ½ to 2 (375- 500ml) Cups coconut milk (Or use almond or cashew milk, amounts may vary)

½ Tsp. dried tarragon or dill (also known as dill weed)

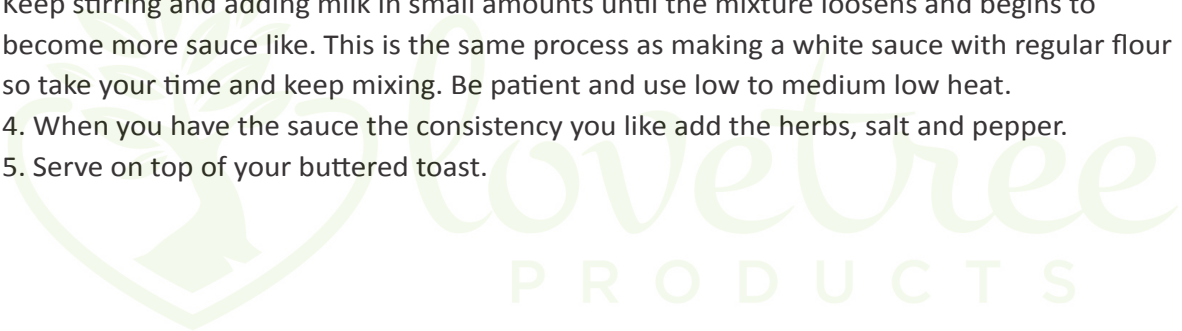
Salt and pepper to taste

2-6 ounce (200g) cans Tuna (drained)

4 slices buttered toast

### PREPARATION:

1. In a heavy bottomed sauce pan or cast iron skillet, melt butter over medium heat.
2. Stir in the coconut flour and mix with the butter to form a paste. This will form a “Rue” of sorts.
3. Over low to medium low heat begin slowly mixing in the nut milk. It will thicken quickly. Keep stirring and adding milk in small amounts until the mixture loosens and begins to become more sauce like. This is the same process as making a white sauce with regular flour so take your time and keep mixing. Be patient and use low to medium low heat.
4. When you have the sauce the consistency you like add the herbs, salt and pepper.
5. Serve on top of your buttered toast.



## Coconut Nut Dressing

You can use any nut butter and combination of herbs to create a sauce for chicken and fish, or a dip or dressing. Be creative! This sauce can take on the flavours of your dish.

Juice of 2 limes or 1 lemon  
1 Tbsp. Nut butter (almond, cashew, peanut etc.)  
1/3 Cup (80ml) nut milk (coconut, almond, cashew)  
1 Tbsp. Basil (coriander, also known as cilantro, is good too)  
1 Tbsp. chives  
(dill or mint for fish or lamb)  
Pinch of spice such as cayenne, also curry and turmeric for an Indian flavour, chilli powder and cumin for Mexican food, oregano and marjoram for a more Italian flare, etc. Sea Salt to taste



In a glass or ceramic bowl whisk the lemon or lime juice with the nut butter. Blend in the coconut or nut milk. Whisk in the rest of the herbs and spices. The longer you can let this sauce sit in the refrigerator before serving the better. It allows the flavours to mingle. When the butter is set you can spread over chicken or fish as a marinade or drizzle over rice and couscous.

