



# OUR BEST OF THE BEST RECIPE BOOK

We are excited to announce the launch of our new recipe e-book. This is not just a few added recipes but a whole new makeover with eye popping photos and unique and creative recipes you will want to taste NOW!

If you haven't already discovered how easy, creamy and delicious homemade almond milk is, you are in the right place at the right time. If you have, you know what I'm about to say!

We've added over a 120 new recipes culled from the best of the best.

With these select recipes you'll get mouth watering results fast. In less than 3 minutes you can make creamy and delicious almond milk that puts store bought to shame! If you've tasted it you know what I mean.

You have instant access to hundreds of low carb, vegan and Keto recipes from our favorite Instagram stars! And it's absolutely free! (At least for now.)

You'll get fast and easy recipes for creamy, delicious nut milks, cold brews, smoothies and juices that exhilarate your body's quest for flavor and raw nutrition.

Add to that, tantalizing almond flour creations like chocolate almond butter balls, low carb cacao brownies, keto-vegan pizzas and hundreds more recipes that are to die for!

We're super excited because we LOVE making these recipes at home and you will too! It's our gift to you and a huge THANK YOU! to our millions of loyal customers who've made Ellie's Best the world's favorite nut milk bag!

Be sure to check out our new products at [www.ElliesBest.com](http://www.ElliesBest.com).

PS: We also want you to know that when you purchase any Ellie's Best products, you are doing something more, because a percentage of your purchase goes to help people and living things in need, and vital planetary improvement projects. Thanks for that too!

Enjoy! Athena & Mike- Ellie's Best

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# NUT MILKS

# Simple Almond Milk

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## Ingredients

- 1 cup of raw almonds
- 4 cups water
- 1/2 tsp sea salt
- 1/2 tsp vanilla extract
- 3-4 pitted dates or other sweetener (optional)

## Directions

1. Soak 1 cup of nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend your nuts on high for 1-2 minutes with 4 cups of filtered water, adding in any flavorings such as the vanilla and dates or even a little cinnamon. To make it low carb, eliminate the dates. I promise you'll still love it!
3. Strain through your Bigger Better Nut Milk Bag, twist and squeeze, separating the pulp from the milk.
4. Bottle and chill. Plant-based milks need refrigeration and are best consumed within three days. Some milks will separate as they sit, so give them a good shake before serving.

### NOTE

*It's best to soak your nuts in the refrigerator. If you find you aren't ready to make your milk after the nuts have soaked, remove them from the water, rinse them and return them to the fridge until you are ready.*

*\*Sweetener options: try dried dates (our preferred sweetener), honey, pure maple syrup, molasses, brown rice syrup, coconut sugar, or stevia.*

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# Cinnamon Almond Milk

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## Ingredients

- 1 cup raw almonds
- 3 cups water
- 1/4 tsp salt
- 1 tbsp cinnamon
- 3 pitted dates

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients and blend on high for 1-2 minutes.
3. Strain through your Bigger Better Nut Milk Bag.
4. Heat up your milk and top with extra cinnamon!

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# Chocolate Almond Milk

## Ingredients

- 1 cup raw almonds
- 3 cups water (or 2 cups if you want it creamier)
- 1/2 tsp sea salt
- 2 tsp vanilla extract
- 1 tbsp of cocoa powder
- 4 pitted dates

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in a blender and blend on high for 1-2 minutes.
3. Place your Bigger Better Nut Milk Bag over a large bowl and strain.
4. Bottle milk and refrigerate.

### NOTE

*If adding dates, soak them in hot water until soft.*

# Spiced Chocolate Almond Milk

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## Ingredients

- 1 cup raw almonds
- 4 cups filtered water
- 2 tbsp raw cacao powder
- 3 tbsp raw honey
- 1/4 tsp cinnamon
- 1/4 tsp cardamom
- a pinch of salt

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in a blender and blend on high for 1-2 minutes.
3. Place your Bigger Better Nut Milk Bag over a large bowl and strain.
4. Bottle milk and refrigerate.

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# Brazil Nut Milk

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## Ingredients

- 2 cups of raw Brazil nuts
- 4 cups of filtered water

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine the nuts and water in a blender and blend on high for 1-2 minutes.
3. Place your Bigger Better Nut Milk Bag over a large bowl and strain.
4. Bottle milk and refrigerate.

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# Blue Cinnamon Almond Milk

## Ingredients

- 1 cup raw almonds
- 3 cups filtered water
- 1 cinnamon stick
- 1 tsp blue spirulina powder
- 4 dates, softened
- a dash of sea salt

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend all ingredients in a high-speed blender for 1-2 minutes.
3. Strain using your Bigger Better Nut Milk Bag.
4. Enjoy!

### NOTE

*For less sweet milk, add less dates.*

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# Pink Pitaya Moon Milk

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## Ingredients

- 2 cups [homemade almond milk](#)
- 1 tsp coconut oil
- 2 tsp maple syrup
- 1/2 tsp cinnamon
- 1 tsp pitaya powder/dragon fruit powder
- pinch of nutmeg
- pinch of cardamom
- rose petals (optional for serving)

## Directions

1. Blend in your blender for about a minute on high.
2. Enjoy!

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# Pumpkin Spice Milk

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## Ingredients

1 cup of raw nuts, soaked ([see Soaking Chart](#))

3-4 dates

2 tbsp canned pumpkin

1-2 tsp pumpkin pie spice

1/2 tsp vanilla bean powder

1/4 tsp sea salt

## Directions

1. Add your nuts and dates into a blender along with 4 cups of water.
2. Blend this together on high for about 1 minute.
3. Strain the mixture into a large bowl using your Bigger Better Nut Milk Bag.
4. Once you have strained the milk, rinse out your blender, put your milk back into the blender, and add the remaining ingredients.
5. Blend everything together until well combined.
6. Pour finished milk into a large mason jar.
7. Shake well before each use. Enjoy!!

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# Pumpkin Spice Brazil Nut Milk

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## Ingredients

- 2 cups raw Brazil nuts
- 4 1/2 cups filtered water
- 1 tsp pumpkin spice

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend your Brazil nuts with 4 1/2 cups of water.
3. Strain through your Bigger Better Nut Milk Bag and then re-blend with 1 tsp pumpkin spice.
4. Store in a jar or glass container in the fridge for up to 5 days.



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# Cinnamon Cashew Brazil Nut Milk

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## Ingredients

- 1 cup raw cashews
- 1/2 cup raw Brazil nuts
- 2 dates
- 3 1/2 cups of filtered water
- 2 tbsp dark cacao powder
- 2 tbsp cinnamon
- a pinch of sea salt

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in your blender and blend on high speed until well combined and the nuts/dates have broken down into very small pieces.
3. Place a Bigger Better Nut Milk Bag (seam side out) over a container that will be big enough to hold all of the liquid, then pour the milk into the bag.
4. Use your hands to squeeze all of the liquid out of the bag so that all that remains is the nut pulp.
5. Pour the milk into an airtight container and store in the fridge.

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# Fresh Cashew Milk

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## Ingredients

- 1 cup raw cashews
- 3 cups filtered water
- 2 tablespoons maple syrup (optional)
- splash of vanilla extract (optional)
- pinch of sea salt (optional)

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Place 1 cup of cashews and 3 cups of water into your blender.
3. If you're making the sweetened vanilla version, add the maple syrup (agave or honey works too) and vanilla now. If you want unsweetened, just leave out the maple syrup.
4. Blend on high for 1-2 minutes.
5. Place your Bigger Better Nut Milk Bag over a bowl and strain through your bag.
6. Hold the nut milk bag over the bowl and squeeze the liquid out into the bowl.

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# Unicorn Cashew Milk

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## Ingredients

- 1 cup [homemade cashew milk](#)
- 1 tbsp pink pitaya powder
- dates, agave, maple syrup, etc to add sweetness if desired

## Directions

1. Blend and strain through your nut milk bag and enjoy! Easy peasy!

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# Almond Cashew Milk

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## Ingredients

1 cup raw almonds

1 cup raw cashews

4 cups water

flavors of choice: cinnamon vanilla bean, turmeric, etc.

a pinch of Himalayan pink salt

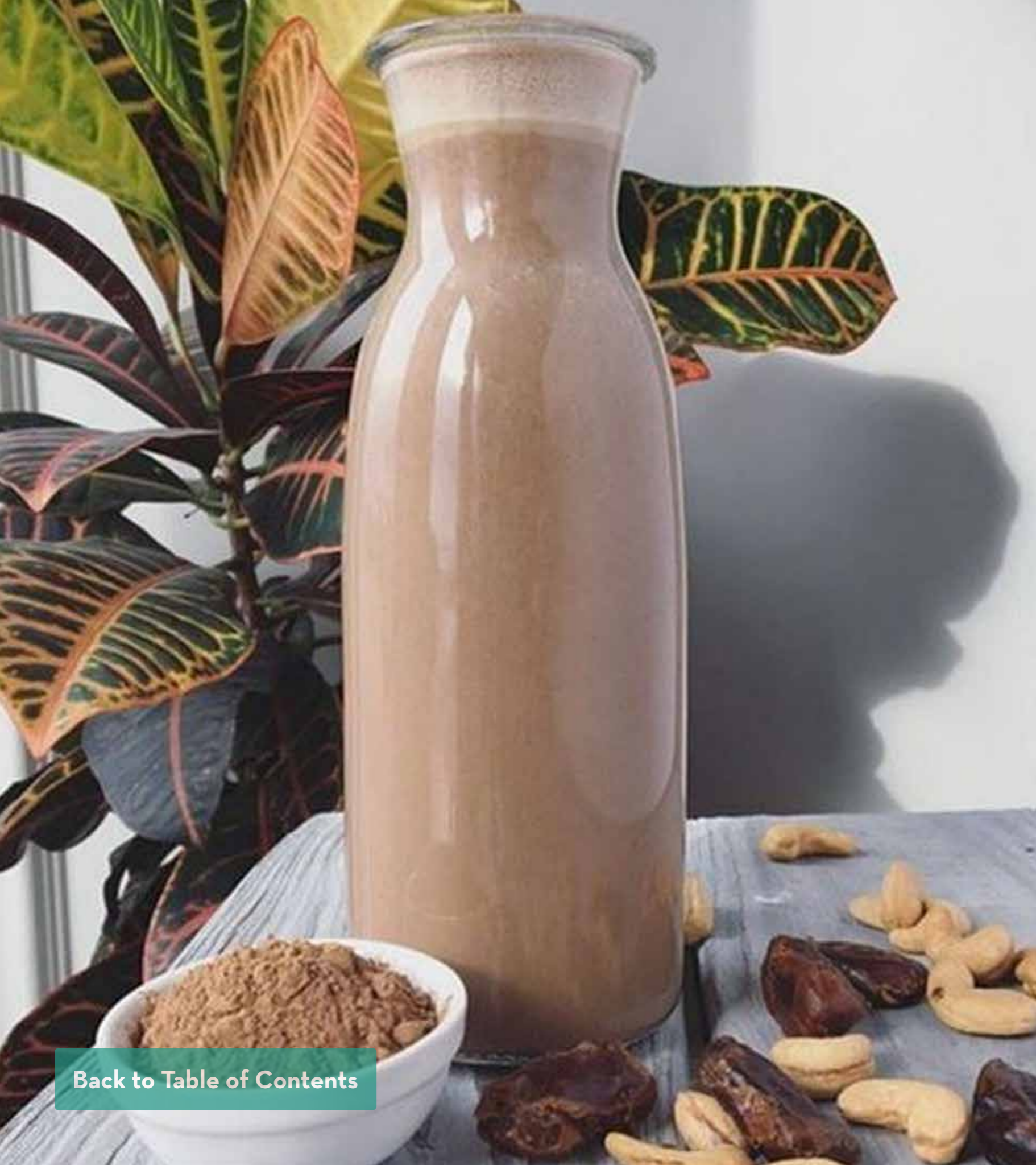
## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Add the almonds, cashews and 4 cups of water to the blender. Blend on high for 1-2 minutes.
3. Using your Bigger Better Nut Milk Bag, strain the milk into a large bowl, separating the liquid from the leftover pulp.
4. Squeeze all of the liquid out of the pulp and set aside in a small bowl.
5. Pour almond milk back into the blender with seasonings/spices of choice to blend until it's mixed well.
6. Store in glass mason jar or container.

### NOTE

*Can last in refrigerator for up to 5 days.*

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# Carob Cashew Milk

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## Ingredients

- 1 cup raw cashews
- 4 cups filtered water
- 3 tbsp carob powder
- 1-3 dates
- 1 vanilla bean or 1/2 tsp vanilla extract
- a dash of pink salt

## Directions

1. Soak cashews and vanilla bean for 2 hours.
2. Add all ingredients to blender and blend until well blended.
3. Strain through your Bigger Better Nut Milk Bag.
4. It's that easy! Enjoy!

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# Lavender & Vanilla Cashew Milk

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## Ingredients

- 1 cup raw cashews
- 1 tbsp maple syrup
- 1 tsp vanilla
- 7-10 blueberries
- 1 tsp dried lavender flowers, plus more for garnish

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend all ingredients in a high speed blender for 1-2 minutes.
3. Strain through your Bigger Better Nut Milk Bag.
4. Enjoy!

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# Strawberry Cashew Milk

## Ingredients

- 1 cup raw cashews
- 4 cups filtered water
- 2 dates
- 6 large strawberries
- 1 tsp vanilla extract
- 1/4 tsp sea salt

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend ingredients together in your blender.
3. Strain through your Bigger Better Nut Milk Bag into a medium bowl.
4. Return your cashew milk to the blender and add 1 1/2 frozen bananas and add 6 large strawberries
5. Blend until smooth and creamy.
6. Pour, sip and enjoy!

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# Strawberry Cinnamon Cashew Milk

## Ingredients

- 2 cups raw cashews
- 6 cups of water
- cinnamon to taste
- 4 pitted organic dates
- 1/2 tsp vanilla extract
- 2 cups strawberries

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in a blender and blend together on high for 1-2 minutes.
3. Strain through your Bigger Better Nut Milk Bag.
4. Enjoy!

### NOTE

*Most blenders don't have 6 cup capacity so you'll need to make it in two batches.*



# Chocolate Cashew Pistachio Milk

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## Ingredients

- 1/2 cup raw cashews
- 1/2 cup raw pistachios
- 2 cups filtered water
- 3 tbsp raw cacao powder
- 1-2 tbsp coconut sugar (or sweetener of choice)
- 1/2 tsp sea salt
- 1/2 tsp vanilla extract

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Place all ingredients in a blender and blend on high speed for about 1 minute.
3. Place your Bigger Better Nut Milk Bag over a medium sized bowl.
4. Pour blended milk into the bag and use your hands to squeeze the bag until you can't get any more liquid out.
5. Pour milk into a large mason jar and store in the fridge.
6. Shake well before each use. Enjoy!

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# Homemade Coconut Milk

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## Ingredients

- 2 cups of unsweetened shredded coconut
- 3 cups of water

## Directions

1. Heat a pot of water for a few minutes. You don't want it to boiling, just hot.
2. Add the shredded coconut and heated water to a blender. If all the liquid does not fit in the blender, cut the recipe in half and do 2 batches.
3. Let the hot water and coconut sit for 20 minutes, this gives it time to soften.
4. Blend for about a minute.
5. Place your Bigger Better Nut Milk Bag over a large bowl. Make sure it is stable while you slowly pour the contents. Once all the liquid is transferred from the blender to the pitcher use your hands to squeeze the bag to drain excess fluid from the shredded coconut.
6. Store in a mason jar or bottle with a tight lid for 4-5 days. Separation may occur, just shake before using.
7. One benefit to making homemade coconut milk is you can make different flavors by infusing it. Some variations may be vanilla, chocolate, or lavender. Follow the directions below and add the following steps if making an infused version.
8. To make vanilla flavored coconut milk add 1/2 teaspoon of vanilla extract.
9. For chocolate you can add 2 tablespoons of cacao or cocoa powder to the blender before straining.

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# Sweet Coconut Milk

## Ingredients

- 1 cup dried unsweetened coconut chunks, or fresh coconut if you can find it
- 2 cups water
- 3-4 medjool dates
- a touch of fresh nutmeg

## Directions

1. Heat a pot of water for a few minutes. You don't want it to boiling, just hot.
2. Add the shredded coconut and heated water to a blender.
3. Let the hot water and coconut sit for 20 minutes, this gives it time to soften.
4. Add in your dates and blend for about a minute.
5. Let it sit for 5-10 minutes, then strain using your Bigger Better Nut Milk Bag.
6. Store in the fridge and use within 5 days.

### NOTE

*Separation may occur but simply give it a shake before using.*



# Strawberry Coconut Cashew Milk

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## Ingredients

- 1 cup raw cashews
- 2/3 cup unsweetened coconut flakes
- 4 cups filtered water
- 1 1/2 cups strawberries
- 2 tsp vanilla extract

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend the cashews with 3 cups of water. Blend for 30 seconds.
3. Add in the coconut flakes and the last 1 cup of water and blend on high for 2 minutes.
4. Make sure your strawberries are washed and the tops are removed and then add them to the blender and blend once again.
5. Pour the liquid into your Bigger Better Nut Milk Bag over a large bowl and squeeze until all of the liquid is out.
6. Transfer to a jar or container and store in the fridge for up to 5 days.

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# Golden Milk

## Ingredients

2 1/2 cups [homemade almond milk](#) or [homemade coconut milk](#)

1 1/2 cups water

2 tsp ground turmeric

2 tsp grated fresh ginger

3/4 tsp ground cinnamon

1/2 tsp ground black pepper

1/4 tsp garam masala

1 heaping tsp whole cloves

1/2 tsp anise seeds

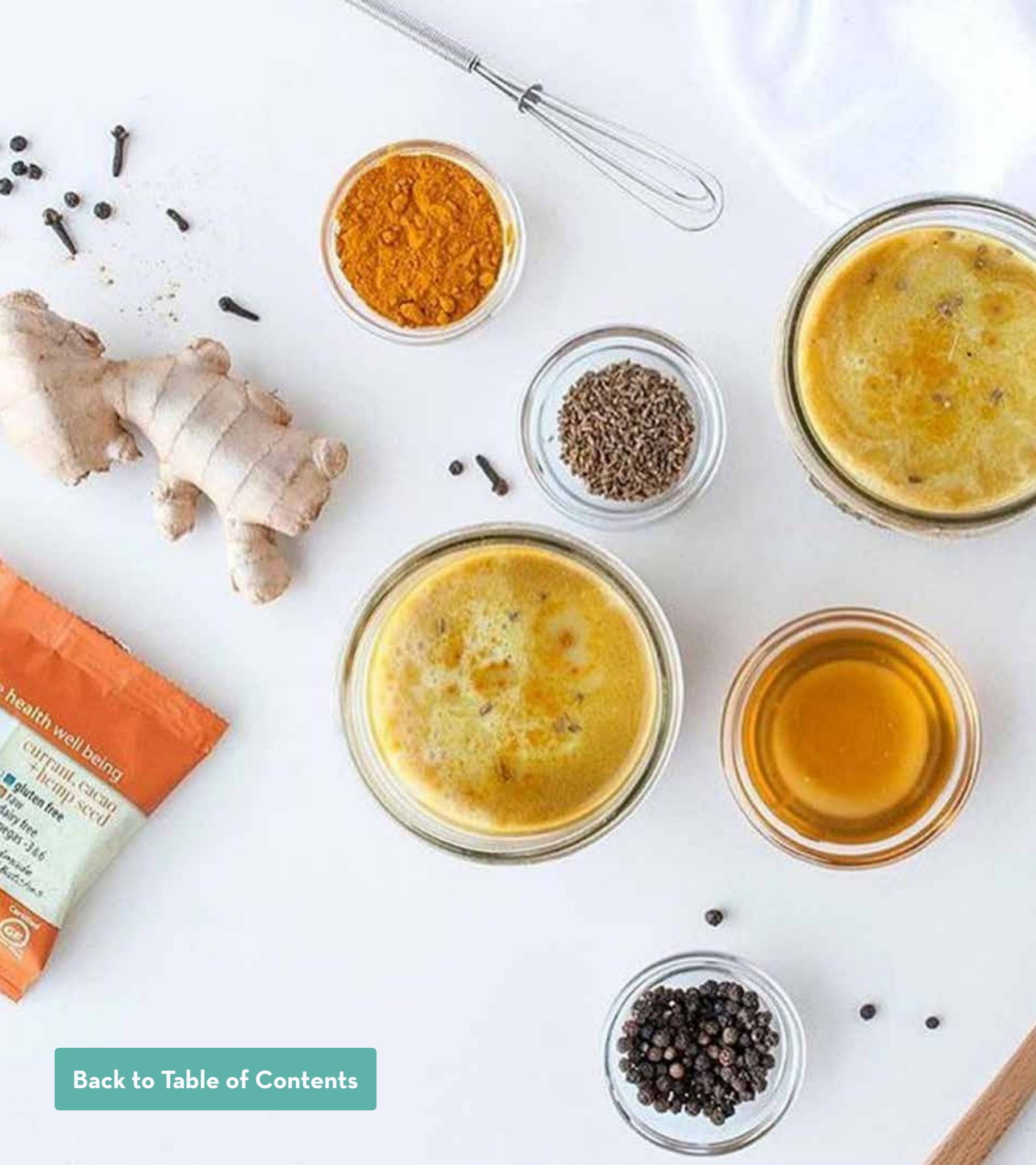
1/2 vanilla bean pod

a pinch of salt if desired

raw honey to taste

## Directions

1. Peel and grate your ginger and add to a medium saucepan with milk, water and the rest of the spices. Lower heat to medium and whisk occasionally for about 10-15 minutes.
2. Pour through your Bigger Better Nut Milk Bag and add 1-2 tbsp of raw honey, depending on how sweet you like it.
3. Enjoy!





# Hazelnut Milk

## Ingredients

- 1 cup raw hazelnuts
- 1/2 tsp vanilla
- 2 1/2 - 3 dates
- a pinch of salt
- 3 cups water

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Place all ingredients in a blender.
3. Blend, blend, blend.
4. Pour the milk into your Bigger Better Nut Milk Bag.
5. Squeeze over a bowl until all the “milk” has been squeezed out.
6. Pour hazelnut milk into a container. Will keep in fridge for about a week.

### NOTE

*Hazelnut milk will separate in the fridge. It's natural! Simply shake it up before you use it!*

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# Chocolate Hazelnut Milk

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## Ingredients

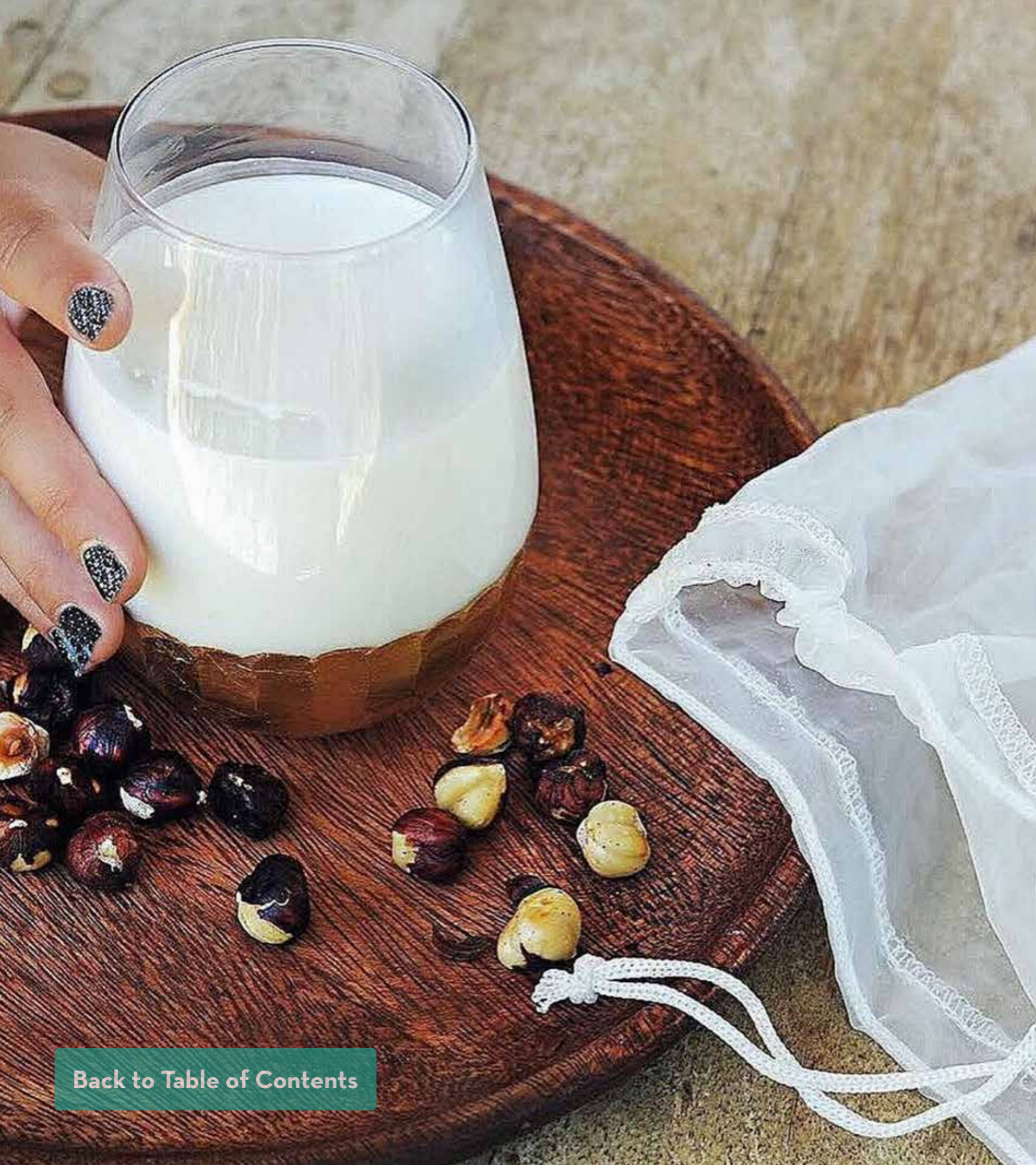
1 cup raw hazelnuts  
4 1/2 cups filtered water  
2-3 tbsp unsweetened cocoa powder  
2-3 tbsp pure maple syrup  
vanilla or stevia

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend the hazelnuts with the water on high for about a minute.
3. Strain through your Bigger Better Nut Milk Bag.
4. Return the hazelnut milk to the blender and add unsweetened cocoa powder, pure maple syrup, and a few drops of vanilla or stevia (to taste).
5. Blend again.
6. Enjoy!



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# Hazelnut Almond Cashew Milk

## Ingredients

handful of raw almonds

handful of raw hazelnuts

handful of raw cashews

3-4 cups of water (or fresh coconut water if you have it, add the coconut meat too)

1/2 tsp vanilla extract or powder

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend all ingredients together.
3. Strain through your Bigger Better Nut Milk Bag.
4. Pour into a pitcher to chill in fridge.

### NOTE

*Will last for up to 5 days in the fridge!*

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# Hemp Milk

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## Ingredients

- 1/2 cup hemp seeds
- a dash of vanilla extract
- a dash of salt
- 2 cups water

## Directions

1. Add all ingredients to the blender and blend.
2. Strain through your Bigger Better Nut Milk Bag.
3. Enjoy!



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# Creamy Macadamia Nut Milk

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## Ingredients

- 1 cup raw macadamia nuts
- 4 cups water
- 1 tsp vanilla extract
- 2 medjool dates

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Add all ingredients to a blender and blend on high for 1-2 minutes.
3. Strain through your Bigger Better Nut Milk Bag.
4. Enjoy!

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# Cardamom Rose Nut Milk

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## Ingredients

- 1 cup raw almonds
- 1 cup raw macadamia nuts
- 3 1/2 cups filtered water
- a dash of pink salt
- 1 1/2 tbsp rose water
- 2 tbsp honey
- 2 tbsp ground cardamom
- a slice of a boiled beet for color

## Directions

1. Add all Ingredients to a blender and blend on high for 45 seconds.
2. Strain through your Bigger Better Nut Milk Bag.
3. Enjoy!

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# Mixed Nut Milk

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## Ingredients

- 2 cups raw mixed nuts (raw cashew/walnut/macadamia mix)
- 2 pitted dates
- 3 cups filtered water
- a pinch of sea salt

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Place the nuts, dates, 3 cups of water, and salt into a blender.
3. Blend on high until all the nuts and the dates are well mixed and little or no big pieces remain.
4. Place your Bigger Better Nut Milk Bag over a large bowl and pour your blended mixture into the bag.
5. Squeeze the bag until you no longer get any liquid.
6. Enjoy!

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# Simple Pistachio Milk

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## Ingredients

- 2 cups raw pistachios
- 5 cups filtered water

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Put in a blender with 5 cups of filtered water. Blend for 2-3 minutes.
3. Put your Bigger Better Nut Milk bag over a bowl and pour the milk in the bag to strain.
4. Transfer the pistachio milk to a jar or pitcher and refrigerate before serving.

## NOTE

*If you want a sweeter milk, blend with 5 dates and 1 tbsp of vanilla.*

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# Pumpkin Spice Pistachio Milk

## Ingredients

- 1 cup raw unsalted shelled pistachios
- 4 cups filtered water
- 4 medjool dates, pitted (optional)
- 1/2 tsp vanilla extract
- 1/8 tsp sea salt
- 1/4 tsp pumpkin pie spice (cinnamon, ginger, nutmeg, allspice, cloves)

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Add pistachios, water, medjool dates, vanilla extract, and spices in a high speed blender.
3. Blend until smooth and frothy. About 1 minute.
4. Strain milk through your Bigger Better Nut Milk Bag into a large bowl.
5. Pour filtered pistachio milk into jar and enjoy. Store in fridge for 3-5 days.

### NOTE

*Separation is natural and expected. Give it a shake before each use.*

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# Pecan Milk

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## Ingredients

- 1 cup raw pecans
- 3 cups filtered water
- 1/4 tsp sea salt
- 2 tbsp honey (optional)

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in a blender and blend until smooth.
3. Strain through your Bigger Better Nut Milk Bag.
4. Refrigerate the milk for up to five days.



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# Maple Pecan Milk

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## Ingredients

- 3/4 cup raw pecans
- 4 cups of water
- 2 tbsp maple syrup
- 1/4 tsp salt
- 2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 packet stevia extract

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Put everything in blender.
3. Blend for 1-2 minutes on high.
4. Strain through your Bigger Better Nut Milk Bag.
5. Enjoy

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# Pumpkin Seed Milk

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## Ingredients

1 cup raw pepitas (green pumpkin seeds)

2 cups water

a pinch of pink Himalayan salt

1 tsp vanilla extract

2-3 pitted dates (optional)

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in a high-speed blender and blend until smooth.
3. Using your Bigger Better Nut Milk Bag, strain the contents from blender through the bag. Squeeze out as much as you can.
4. Refrigerate in a glass jar for up to one week.

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# Pumpkin Seed & Hemp Milk

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## Ingredients

- 1 cup raw pumpkin seeds
- 1/2 cup hemp hearts
- 1 date
- 4 cups water

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in a high-speed blender and blend until smooth.
3. Using your Bigger Better Nut Milk Bag, strain contents of blender through bag, squeezing it through, and pouring little by little as you continue to strain through.
4. Squeeze out as much as you can, and refrigerate in a glass jar for up to one week.

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# Soy Milk

## Ingredients

1/2 cup dry soy beans

4 cups of water

2-3 tbsp sugar (optional or to taste)

a pinch of salt

flavorings of choice: vanilla extract, cinnamon, cocoa powder, etc. (optional)

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Remove the outer skin as best as you can. To make it easier, place the beans under cold water and rub them together until the skin starts to loosen up.
3. Blend the soybeans with 3 cups of water until the beans have completely broken down.
4. Strain the blended mixture with through you Bigger Better Nut Milk Bag.
5. You can skip this step, but to get rid of the bitter taste soy milk tends to have, you usually cook it. Pour the mixture into a pot and add one more cup of water. Bring it to a boil while stirring from time to time. Once it starts to boil, add the rest of the ingredients for flavor. Allow it to cook over low heat for 20 minutes, stirring occasionally. Allow it to cool completely before storing. If a “skin” appears on top, scoop it out and discard.
6. Enjoy and store for up to a week!

### NOTE

*You can use more or less water, depending on how thick you want it!*

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# Almond & Hazelnut Milk

---

## Ingredients

- 3/4 cup raw almonds
- 3/4 cup raw hazelnuts
- 4 cups water

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine nuts & water and blend on high for 1-2 minutes.
3. Strain with your Bigger Better Nut Milk bag.
4. Enjoy!

# Walnut Milk

---

## Ingredients

- 1 cup raw walnuts
- 3 1/2 cups filtered water
- a dash of cinnamon

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Combine all ingredients in a blender and blend on high for 1-2 minutes.
3. Strain with your Bigger Better Nut Milk bag.
4. Enjoy!

A glass jar filled with a light-colored, creamy liquid, likely walnut milk, sits on a rustic wooden surface. The jar has a silver lid with the word 'Ball' and 'SURETIGHT' visible. In the foreground, several walnuts are scattered on the wood, some whole and some broken into halves. The background is a blurred wooden surface.

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**SMOOTHIES**

# Healthiest Chocolate Milk Shake

---

## Ingredients

- 1 cup [homemade Brazil nut milk](#)
- 2 Medjool dates
- 2 frozen bananas
- 1 cup water
- 2 tbsp raw cacao powder
- 1/2 tsp maca powder
- 1/2 tsp of cinnamon
- cacao nibs
- shredded coconut
- 1 tsp vanilla protein powder (optional)

## Directions

1. Combine Brazil nut milk with medjool dates in your blender and blend on high speed.
2. Add frozen bananas, water, raw cacao powder, maca powder and cinnamon to your blender.
3. Add in 1 heaping tablespoon of vanilla protein powder.
4. Blend everything until smooth - about 1 minute.
5. Pour and top and mix in cacao nibs & shredded coconut.
6. Enjoy!

# Banana Mocha Chip Smoothie

---

## Ingredients

- 1 cup [homemade almond milk](#)
- 8 oz cold brew coffee
- 1 - 1 1/2 frozen banana
- 2 scoops chocolate protein (or two tbsp cocoa powder - use less liquid if you do this!)
- 2 tbsp chia seeds
- 1 big handful spinach
- 2-3 tbsp cacao nibs or your favorite chocolate chips

## Directions

1. Blend in the blender & have the best breakfast EVER!  
Serves 2 people

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# Quick Blueberry Banana Smoothie

---

## Ingredients

handful of frozen cauliflower

1 frozen banana

handful of frozen spinach

1/2 - 3/4 cup frozen blueberries

1 scoop of collagen peptides

3/4 cup [homemade almond milk](#) (more or less depending on the consistency you like)

## Directions

1. Blend all together and enjoy.
2. Top with 1 tbsp chia/flax blend, banana nut butter granola, and peanut butter drizzle. (optional)

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# Vegan Maple Butter Cacao Smoothie

---

## Ingredients

- 2 large frozen bananas
- 1 tsp maple butter
- 2 tsp cacao powder
- 1/2 cup homemade nut milk

## Directions

1. Blend all ingredients in your blender.
2. Pour it into a glass.
3. Enjoy!

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# Piña Colada Smoothie

---

## Ingredients

- 3/4 cup [homemade coconut milk](#)
- 3/4 cup [homemade almond milk](#)
- 1 1/2 cups pineapple chunks
- 1 banana
- 3 tbsp lime juice (use the zest too if you love lime)
- 1 tbsp honey (optional)
- 1/2 tsp coconut extract (optional)
- 2 ounces light rum (optional)

## Directions

1. Combine coconut milk, almond milk, pineapple chunks, banana, honey, lime and coconut extract in a blender.
2. Puree until smooth.
3. Add in light rum if desired and blend again.
4. Pour into two glasses and garnish with pineapple wedges.
5. Enjoy!

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# Witches Brew Smoothie

## Ingredients

- 1/2 cup canned pumpkin
- 1 frozen banana
- 1 handful of spinach
- 1 cup [homemade coconut milk](#)
- 1 tbsp of sprouted almond butter
- 1 Moon Juice Spirit Dust packet
- 1/2 tsp rhodiola
- 1 tsp pumpkin spice
- 1 tsp vanilla extract
- a couple ice cubes

## Directions

1. Blend all together & enjoy!

### NOTE

*Top with a dash of cinnamon, a sprinkle of bee pollen & grain-free granola, a drizzle of almond butter & a plop a coconut yogurt in there for good measure.*

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# Morning Power Smoothie

---

## Ingredients

- 1 large frozen banana
- 3/4 cup frozen blueberries
- 2 tsp moringa powder
- 1 tsp açai powder
- 1/2 - 3/4 cup homemade nut milk

## Directions

1. Put all ingredients into your blender.
2. Blend!
3. Pour it into a glass and enjoy!



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# Kale Kiwi Cauliflower Smoothie Bowl

---

## Ingredients

1 1/2 cup kale & frozen cauliflower florets  
1/2 frozen banana  
1/2 kiwi  
collagen  
1/4 cup [homemade almond milk](#)

## Directions

1. Put all ingredients into the blender and blend.
2. Top with with tropical Thai snack mix, chia seeds, blackberries and kiwi. (optional)



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# Thick & Creamy Smoothie Bowl

---

## Ingredients

- 1 cup [homemade almond milk](#)
- 1 scoop collagen
- 1 tbsp nut butter
- 1 unsweetened açai packet
- 1/2 banana
- handful each of strawberries, blueberries, and cauliflower

## Directions

1. Blend together
2. Top with coconut, cacao nibs, goji berries, pumpkin seeds, and sprouted buckwheat. (optional)

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# Magical Veggie Fruit Smoothie Bowl

---

## Ingredients

- 2/3 cup frozen mixed berries
- 1/2 frozen banana
- 1/3 cup frozen cauliflower
- 1/4 cup frozen zucchini
- 1 tsp cocoa powder
- 1 scoop marine collagen
- 1 scoop protein powder of choice
- 1/2 cup [homemade almond milk](#)

## Directions

1. Blend together.
2. Top with cacao nibs, chia seeds, strawberries, fresh blueberries, almond butter. (optional)

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# Ginger Açai Beet Smoothie Bowl

---

## Ingredients

- 1 packet unsweetened açai
- 4 ginger Honey-Love beets
- 2 cups spinach
- 1/2 banana
- 1/2 cup [homemade cashew milk](#) (more or less depending on the consistency you like)
- 1 tbsp ground organic flax
- 2 tbsp coconut oil
- 1 tbsp chia seeds

## Directions

1. Blend all ingredients together.
2. Enjoy!

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# Green Smoothie Bowl

---

## Ingredients

- 1 cup [homemade almond milk](#)
- 1/4 cup frozen cauliflower
- 2 tbsp yogurt
- 1 tbsp almond butter
- 1 cup fresh spinach
- 1/2 scoop vanilla protein powder

## Directions

1. Blend all ingredients together.
2. Top with blackberries, pecans and granola. (optional)

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# Purple Smoothie Bowl

---

## Ingredients

- 1/2 cup frozen cauliflower
- 1/4 cup frozen coconut meat
- 3 tbsp frozen dragon fruit/pitaya
- 1/2 cup frozen kale
- 1 scoop collagen peptides
- 1 1/2 tsp maca
- 1 tsp ashwagandha
- 1 tsp cinnamon
- 3/4 cups [homemade almond milk](#)

## Directions

1. Blend all ingredients together.
2. Top with blood orange, goji berries, bee pollen, hemp seeds, chocolate probiotic granola, homemade chia seed pudding & a peanut butter drizzle! (optional)

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# JUICE



# Pink Herby Watermelon Lemonade Infusion

---

## Ingredients

- 1/2 of a sweet watermelon
- juice of 1 or 2 lemons
- a sprig of fresh rosemary
- 3-5 leaves of basil
- 6 leaves fresh mint

## Directions

1. Make the watermelon juice by blending 1/2 of a sweet watermelon in the blender, then squeezing out the fiber with your Bigger Better Nut Milk Bag.
2. Add the watermelon juice and the following ingredients to your pitcher: the juice of 1 or 2 lemons, a spring of fresh rosemary, 3-5 leaves of basil, 6 leaves fresh mint.
3. Place the herbs in your Bigger Better Nut Milk Bag and place them into your pitcher so you can easily remove them after they have infused!
4. Let it infuse for a few hours in the fridge and serve.

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# Rise & Grind Elixir

---

## Ingredients

- 1/4 cup chopped beet
- 1/4 cup chopped carrot
- 1/2 cup chopped celery
- 2 inch piece of fresh ginger root
- 2 inch piece of fresh turmeric root
- 1/2 lemon, peeled

## Directions

1. Blend ingredients really well with 1/4 cup of water and strain into a glass using your Bigger Better Nut Milk Bag.
2. Enjoy!

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# Magic Hydration Drink

---

## Ingredients

- 2 lemons, skins removed
- 1 tbsp pink Himalayan sea salt
- 2 tbsp erythritol or other sweetener to taste (optional)
- 1 cup filtered water
- S. Pellegrino (or other sparkling water)

## Directions:

1. Blend everything except the S. Pellegrino in the blender for about 30 seconds.
2. Pour into your Bigger Better Nut Milk Bag and squeeze the juice into a pitcher or bowl.
3. In a 16 oz glass, add ice, 1 cup of the mixture and top with Pellegrino. If using a 12 oz glass, use 2/3 cup mixture.
4. You can even get fancy and salt your rim!
5. Enjoy!

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# Immunity Shot

## Ingredients

- 1 whole large lemon - leave 1/2 with peel on
- 3 inches fresh ginger
- 1 clove garlic
- 2 tbsp apple cider vinegar
- 40 drops oregano oil (if using 100% potency you only need about 5 drops)

## Directions

1. Blend ingredients into a pulp.
2. Strain through your Bigger Better Nut Milk Bag!
3. Enjoy!

### NOTE

*Makes 2 shots.*

# Celery Lemonade

---

## Ingredients

- 4 cups of water
- 8 stalks of celery, chopped
- juice of 1 lemon
- 1 inch piece of fresh ginger root, peeled
- 5 Medjool dates

## Directions

1. Blend everything together in a high-speed blender until smooth. If your blender can't fit all the liquid, just blend with 2 cups of water and add remaining water after strained.
2. Strain mixture using your Bigger better Nut Milk Bag.
3. Enjoy!

### NOTE

*Enjoy as-is, over ice or blend once more with a handful of ice and make a slushy!*





# Citrus Turmeric Ginger Juice

---

## Ingredients

- 1 inch fresh turmeric root
- 1 inch fresh ginger root
- 3 carrots
- 1 lemon
- 1/2 cup water
- 1 small orange
- 3 tbsp apple cider vinegar

## Directions

1. Blend all ingredients together.
2. Then pour through your Bigger Better Nut Milk Bag to get smooth, pulp free juice!

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# Turmeric Ginger Wellness Shots

---

## Ingredients

- 1 1/2 inches fresh turmeric root
- 1 inch fresh ginger root
- 1/2 lemon with skin on
- 1/4 tsp raw honey (or other sweetener to make it vegan)
- 1 scoop collagen peptides (optional, omit to make it vegan)
- 8 oz water

## Directions

1. If you're using a blender and nut milk bags like me, peel your turmeric and ginger and cut the pieces into chunks.
2. Add that with your lemon (remember to leave the skin ON) into a blender. Add the honey, collagen (if you so choose), and water. Blend for 30 seconds to 1 minute.
3. Place the nut milk bag over a large bowl and pour the juice into the bowl.
4. Grab the bag and wring out all of the excess liquid.
5. Set the bag, with the pulp, aside. Pour the wellness juice into small shot glasses, or if you like the flavor as I do, sip on it in 4 - 6 oz. quantities, or so.

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# Orange Ginger Spinach Juice

---

## Ingredients

- 1 celery stalk
- 2 oranges
- 1 lemon
- 1 inch piece of fresh ginger
- 2 handfuls of spinach
- 1 cup water (approx) to blend, use more if needed

## Directions

1. Peel all produce and put into a blender.
2. Add water to blend.
3. Strain through your Bigger Better Nut Milk Bag.
4. Enjoy!



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# Wake Up Green Juice

---

## Ingredients

- 2 cups kale or spinach, chopped
- 1/2 cup cucumber, quartered
- 3 celery stalks, cut into thirds
- 1 inch fresh ginger root
- 1-3 apples, halved
- 1/4 - 1/2 cup water
- 1/2 lemon

## Directions

1. Cut all ingredients so they can fit into a blender. Place kale or spinach into a high speed blender and add 1/4 cup of water. Blend for 15-30 seconds until blended.
2. Place the rest of the ingredients into the blender, add more water if needed. Blend for 30-45 minutes until smooth.
3. Strain mixture through your Bigger Better Nut Milk Bag over a large bowl.
4. Chill and serve!

### NOTE

*I like to do it in 2 or 3 batches. Squeeze the bag well to get all the juice out of the pulp. Once pulp is separated, pour into glass and enjoy as is or over ice!  
Can be stored in the refrigerator in an airtight container or bottle for up to 2 days!*

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# Two Minute Green Juice

---

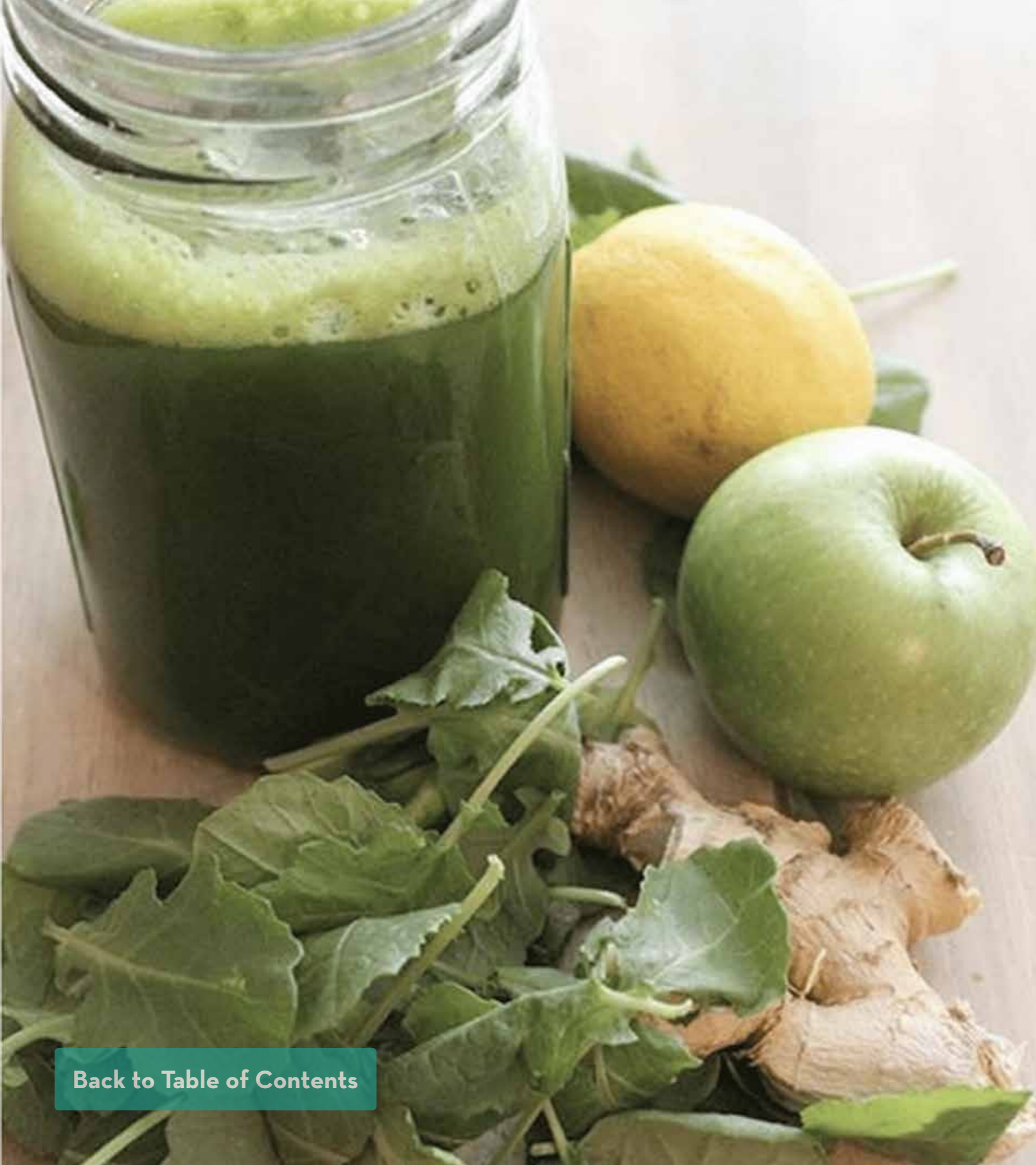
## Ingredients

- 4 stalks of celery
- 1 large cucumber
- 1 inch piece fresh ginger
- 1/4 cup filtered water

## Directions

1. Blend on high for about a minute.
2. Strain through your Bigger Better Nut Milk Bag.
3. Try adding lemon juice before drinking to give it some extra zing.
4. Enjoy!

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# Fresh Lemon Ginger Kale Juice

---

## Ingredients

- juice of 1 lemon
- 1 cup water (more if needed)
- 2 big handfuls of kale
- 1 Granny Smith apple, diced
- 1/8 pineapple, diced
- 1 small cucumber, diced
- 1 celery stalk, diced
- 3/4 inch piece of ginger, peeled and chopped

## Directions

1. Blend all ingredients together.
2. Once it's thoroughly blended, strain it through your Bigger Better Nut Milk Bag.
3. Enjoy!

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**COFFEES**

# Joe's Easy Cold Brew Recipe

---

## Ingredients

2 cups coarsely ground high-quality coffee beans  
4 cups of filtered water

## Directions

1. Combine coffee and water in a pitcher, stir well.
2. Cover the pitcher and place in the fridge for at least 12 hours. Leave sitting up to 24 hours, depending on how strong you want your cold brew to be.
3. Once the cold brew is ready, pour the coffee through your Bigger Better Nut Milk Bag into another container to strain out the coffee grinds. Strain a few times to make sure there are no grounds in the final mix.
4. Pour into your pitcher! The final product is a cold brew concentrate that can be diluted with water or your favorite nut milk.

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# Decaf Chocolate Cinnamon Cold Brew

---

## Ingredients

1/4 cup [homemade chocolate cinnamon cashew/Brazil nut milk](#)

1 cup decaf cold brew coffee

1 scoop of collagen

## Directions

1. Blend it all together.
2. Serve or ice or serve warm!

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# Banana Turmeric Cold Brew

---

## Ingredients

- 1/2 cup cold brew concentrate
- 1/2 cup homemade nut milk or [homemade coconut milk](#)
- 1/8 tsp turmeric
- 1/2 tsp cinnamon
- 1/2 banana
- 1/4 tsp vanilla extract
- 1 tsp maple syrup or favorite sweetener (optional)

## Directions

1. Add all ingredients to a blender and mix on high until smooth.
2. Pour over ice and enjoy!

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# Homemade Coconut Cold Brew

---


## Ingredients

3/4 cup coarsely ground coffee beans

4 cups filtered water

## Directions

1. Add the grounds to the water.
2. Stir and then pop into the fridge.
3. Let it sit for at least 12 hours and then pour contents through your Bigger Better Nut Milk bag into another bowl/pitcher.
4. Make sure to squeeze gently to get the liquid out.
5. Add [homemade coconut milk](#) to taste.
6. Store in the fridge for 3-4 days.



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# Blue Matcha Latte

---

## Ingredients

- 1/2 cup warmed homemade milk of your choice
- 1/2 cup boiled water
- 2 - 3 tsp matcha powder
- 1/2 tsp blue spirulina
- 1/2 tsp maca powder
- 1 tbsp coconut butter
- 1 tbsp coconut oil or MCT oil
- 1 large date or 1 tbsp pure maple syrup

## Directions

1. Place everything in a high speed blender and blend for 20 seconds or until frothy. Blend longer if using dates as sweetener.

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# Paleo Gingerbread Latte

---

## Ingredients

- 1-2 shots of espresso or 8 oz coffee
- 1/2 cup warm [homemade hazelnut milk](#) (or milk of choice)
- 1/4 tsp cinnamon
- 1/2 tsp ginger
- 1/2 vanilla bean, scraped
- fresh grated nutmeg
- 1 tbsp maple syrup or molasses (optional)

## Directions

1. Make your espresso or coffee and set aside.
2. Take your milk of choice and pour into a small saucepan or into a large steamer cup if you have something that will froth your milk.
3. Add the cinnamon, ginger, scraped vanilla bean, and maple syrup or molasses. Let simmer on low for 5-10 min to really get the flavors combined.
4. Pour warm milk into your coffee and top with fresh grated nutmeg.

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# Homemade Beet Latte

---

## Ingredients

1/2 tsp vanilla extract

1/2 tsp honey

1/2 tsp cinnamon

1/2 scoop collagen (optional)

beets (boiled, cooled and peeled)

## Directions

1. Blend the beets with water and strain through your Bigger Better Nut Milk Bag.
2. Combine the beet juice with warmed homemade almond milk.
3. Enjoy!



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# Turmeric Chai Latte

---

## Ingredients

2 cups [homemade almond milk](#)

1 tsp turmeric powder

1/2 tsp cinnamon

1 tbsp maple syrup

1 tsp ground ginger

1 tsp vanilla

a pinch of black pepper

a pinch of cardamom

ice

## Directions

1. Pour homemade almond milk into a blender along with remaining ingredients, except for the ice.
2. Blend for 1 minute, until fully combined.
3. Serve latte in glasses with ice and sprinkle with additional cinnamon and spices as desired.
4. Enjoy!

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# Golden Milk Bone Broth Latté

---

## Ingredients

homemade [hemp milk](#) or [coconut milk](#) (or milk of choice)

1 tsp turmeric

1 inch of piece fresh ginger

1 serving bone broth powder

a pinch of black pepper

a pinch of cayenne pepper

## Directions

1. Heat your homemade nut milk until it is simmering.
2. Remove from heat and blend with the remaining ingredients on high speed until frothy.
3. Enjoy!

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# Gingerbread Almond Milk Latte

---

## Ingredients

- 1 cup [homemade almond milk](#)
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/2 tsp gingerbread seasoning
- a pinch of pink salt

## Directions

1. Add all the ingredients except your espresso to a blender and blend.
2. After everything is blended, froth your milk.
3. Pour your espresso into a cup and top with your frothed milk.
4. Top with some extra cinnamon and enjoy!

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# Warm Matcha Latte

---

## Ingredients

- 2 cups of nearly boiling water
- 1/2 cup [homemade cashew milk](#)
- 1/2 tsp cinnamon
- 1 tsp ginger powder
- 1 tbsp matcha powder
- 1 tsp cocoa butter
- 1 tsp maca
- 1/2 tsp ashwagandha
- 1 scoop of collagen

## Directions

1. Add ingredients into a blender.
2. Blend all together.
3. Enjoy!



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# Vegan Eggnog

---

## Ingredients

- 1/2 cup raw almonds
- 1/2 cup raw cashews
- 4 dates
- 4 cups water
- 1/8 tsp cloves
- 3/4 tsp nutmeg
- 1/8 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/2 cup full fat coconut milk

## Directions

1. Soak nuts in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Blend all ingredients except the coconut milk in your blender until liquid.
3. Strain through your Bigger Better Nut Milk Bag.
4. Add it back into the blender and add the 1/2 cup full fat coconut milk.
5. Blend again until combined.
6. Enjoy!

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The background is a teal-colored wooden surface with horizontal planks. On the left side, there is a semi-transparent teal circle. The text "NUT PULP" is centered in a bold, white, sans-serif font.

# NUT PULP

# Almond Pulp Bites

---

## Ingredients

3 cups leftover almond pulp  
1/2 cup homemade nut milk  
1/2 cup egg whites  
2 tbsp psyllium husk  
1 tsp vanilla extract  
1/2 tsp cinnamon  
2 tbsp flax meal

## Directions

1. Mix ingredients.
2. Roll into balls.
3. Place on parchment-lined baking sheet and bake at 250° for 45 minutes.
4. Enjoy!

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# Brownie Bliss Bites

---

## Ingredients

- 1 1/4 cup leftover almond pulp
- 1/4 cup unsweetened coconut flakes
- 3 tbsp pure organic maple syrup
- 2 tbsp cacao powder
- 2 tbsp coconut butter
- 2 tsp raw almond butter
- 2 tsp vanilla extract
- 1 tsp lucuma powder (optional)
- 2 pinches pink salt

## Directions

1. Combine all ingredients in a food processor.
2. Roll into small balls (this batch made 12).
3. Drizzle with almond butter.

### NOTE

*Eat one, then store rest in the fridge in a sealed container!*

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# Walnut Pulp Nut Bites

---

## Ingredients

leftover walnut pulp  
2 tbsp nut butter  
1 tbsp coconut butter  
1-2 tbsp hemp seeds  
2 tbsp cocoa powder

## Directions

1. Process all ingredients in a food processor.
2. Scrape out and form into balls.
3. Let them set in fridge and then roll in preferred coating.
4. Freeze, that's it!



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# Chocolate Cookie Dough Bites

---

## Ingredients

- 1 cup of leftover nut pulp
- 1/3 cup chopped dates
- 2 tbsp almond butter
- 1 tbsp coconut butter
- 1 tbsp cocoa powder
- 1/2 tsp vanilla extract
- 1/8 tsp pink Himalayan salt
- 1/8 tsp cinnamon
- 3 tbsp chocolate chips

## Directions

1. Add ingredients (except chocolate chips) to small blender or food processor.
2. Mix until a dough forms.
3. Stir in chocolate chips.
4. Form into balls and store in freezer (I promise they're way-y-y better in the freezer! Especially if you let them sit for about a minute outside the freezer before indulging).





# Chocolate Coated Gingerbread Bites

---

## Ingredients

- 1/2 cup leftover nut pulp
- 1 tbsp ground flax
- 2-3 tsp molasses
- 2-3 tbsp nut butter
- 2-3 tbsp gingerbread spices\*

## Directions

1. Mix ingredients together.
2. Roll into balls and freeze for 1 hour.
3. Melt 1/4 cup coconut oil and mix in 1/4 cup cacao powder, 1/4 tsp vanilla, a pinch of sea salt and cinnamon then drop the balls in the chocolate and completely coat them.
4. Place on a sheet with parchment paper and freeze.
5. Keep in the freezer or store in the fridge!

### NOTE

*Make your own gingerbread spice by combining lots of ginger and cinnamon, some clove and allspice and a little nutmeg.*

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# Tropical Nut Pulp Bites

---

## Ingredients

- 1 cup raw Brazil nuts or cashews
- 1 - 1 1/2 cups nut pulp
- 2 tbsp nut butter
- 1/2 cup blend of dried mango, dried papaya, and dried pineapple, finely chopped
- shredded coconut

## Directions

1. Combine all ingredients except the shredded coconut in a food processor and pulse until well combined.
2. Roll into balls with your hands and then roll in shredded coconut (optional).
3. Freeze for 15-20 minutes to set up, then serve!

### NOTE

*Store in the refrigerator for up to a week and freeze for long term storage.*



# Chocolate Cashew Nut Pulp Bites

---

## Ingredients

- 1 cup leftover nut pulp
- 1/2 cup almonds
- 1/2 scoop chocolate protein powder
- 2 tbsp nut butter
- 2 tbsp raw cacao nibs

## Directions

1. Put all ingredients in a food processor and blend till it's all mixed.
2. Roll into bite sized balls.
3. Drizzle with raw honey (optional).
4. Freeze and enjoy!

### NOTE

These treats are packed with protein and healthy fats. Plus, low in sugar and no grains! Perfect to eat on the go, or with yogurt.

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# Cinnamon Coconut Bites

---

## Ingredients

- 3/4 cup leftover nut pulp
- 1/2 cup shredded coconut
- 1/4 cup raw cashews
- 1/2 cup raw almonds
- 1/4 cup raw sunflower seeds
- 1/2 tsp salt
- 2 tbsp coconut butter
- 1 1/2 tsp cinnamon
- 2 dates, chopped

## Directions

1. Place the leftover nut pulp, coconut, cashews, almonds, sunflower seeds, and salt in a food processor and process until everything is blended together. You can leave some bigger pieces if you want the bites to have some crunch, or you can grind into a flour like consistency.
2. Add the coconut butter, cinnamon, and dates and process until everything is combined and it forms a sticky, dough like consistency.
3. Roll into balls and store in the fridge for up to 2 weeks or the freezer for 2 months.

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# Strawberries & Cream Energy Balls

---

## Ingredients

- 1 cup leftover nut pulp
- 1/4 cup raw cashews
- 1/4 cup unsweetened coconut flakes
- 2 tbsp coconut butter
- 1 1/2 scoop vanilla protein powder
- 1 tsp pure vanilla extract
- 2 tsp raw honey (optional depending on how sweet you want these!)
- shaved coconut for rolling

## Directions

1. Place the leftover pulp, cashews and coconut flakes in a food processor and blend until combined. It's okay if some nut or coconut chunks are left!
2. Add in the coconut butter, protein powder, vanilla extract and honey and blend again.
3. Roll into small balls and coat in coconut shavings.
4. Freeze for at least an hour.
5. Keep them stored in an airtight container in the freezer for up to 2 weeks.

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# Collagen Energy Balls

---

## Ingredients

- 1 cup leftover nut pulp
- 2 scoops collagen
- 2 tbsp nut butter
- 1 tsp vanilla extract
- 6 dates
- a sprinkle of pink salt

## Directions

1. Mix it in the food processor until it becomes a sticky, moldable consistency.
2. Form them into balls and keep them in the fridge.

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# Chocolate Almond Coconut Balls

---

## Ingredients

- 1/2 cup leftover almond pulp
- 1/4 tsp cinnamon
- 2 tbsp chia seeds
- 2 tbsp cacao nibs
- 4 tbsp cacao powder
- 2 tbsp protein powder
- 1/4 cup coconut butter
- 1/4 cup almond butter
- 1/4 cup unsweetened coconut shreds

## Directions

1. Combine ingredients in a bowl until well mixed.
2. Roll into balls and store in the refrigerator.
3. Enjoy!

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# Hemp Cacao Balls

---

## Ingredients

leftover hemp seed from [hemp milk](#)

1 tbsp peanut butter

1 tbsp maple syrup

1 tbsp cacao powder

a pinch of sea salt

## Directions

1. Mix everything together.
2. Refrigerate.
3. Roll them in more cacao powder.
4. Enjoy!!

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# White Chocolate Macadamia Nut Bliss Balls

---

## Ingredients

- 1 cup coconut pulp
- 1 cup macadamia nuts
- 2 white chocolate bars
- 1 scoop smooth vanilla protein powder
- 1/2 cup rolled oats
- 1 tbsp peanut butter
- 1 tsp superfood honey with cacao
- 1 tsp cinnamon dash of nutmeg

## Directions

1. Add all ingredients to food processor until a thick dough forms.
2. Roll in cacao nibs, coconut shreds, and cinnamon.

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# Peanut Butter Almond Bliss Balls

---

## Ingredients

- 3/4 cup [homemade almond flour](#)
- 4 tbsp flax meal
- 3/4 cup peanut butter
- 1 tbsp cacao
- 1 1/2 tbsp chia seeds
- 1 tbsp cacao nibs
- 1 tsp maca powder
- 1 scoop vanilla powder
- 1-2 tbsp honey

## Directions

1. Add all ingredients to food processor and mix until ingredients form a dough and is a bit sticky.
2. Roll into balls and refrigerate in tightly sealed container.

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# Nut Pulp Brownies

---

## Ingredients

- |   |                                   |
|---|-----------------------------------|
| 1 cup nut pulp (baked in the oven at 300° for 30 minutes) | 1/4 cup homemade nut milk         |
| 1/2 cup semi-sweet chocolate chips (melted)               | 1/8 cup raw cane sugar            |
| 1/2 cup cacao powder                                      | 1 tsp vanilla extract             |
| 1/2 cup nut butter (cashew or almond works best)          | 1/4 tsp salt                      |
| 1/3 cup avocado or coconut oil                            | 1/4 tsp baking powder             |
|   | 3 eggs                            |
|   | 1/2 cup chopped chocolate or nuts |

## Directions

1. Preheat oven to 350°.
2. Add all ingredients \*except chopped chocolate chips/nuts\* into a blender or food processor.
3. Blend on medium speed until everything is well combined. It will be thick, but that's ok.
4. Stir in the chocolate chips or walnuts.
5. Pour the batter out into a parchment paper lined 8x8 brownie pan.
6. Bake for about 15-20 minutes, or until a toothpick comes out mostly clean (you want them to be just a little doughy).
7. Remove from the oven and allow to cool completely before cutting.

### NOTE

*To make this recipe low carb or Ketogenic, use Lily's Stevia Chocolate Chips and substitute erythritol or Stevia for the sugar.*

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# Almond Brownies

---

## Ingredients

4 eggs  
3/4 cup maple sugar  
1 tbsp vanilla extract  
1/2 tsp pink sea salt  
1/2 cup coconut oil  
1 cup almond pulp  
1 cup cocoa powder

## Directions

1. Take a handful of chocolate chip morsels, melt the coconut oil in a small saucepan then add the almond pulp and mix until warm.
2. In a mixing bowl, whip the eggs, sugar, and salt on medium-high speed until very light and fluffy.
3. Turn mixer to low and stir in the vanilla extract, and almond pulp mixture (mixing only until combined).
4. Sift in cocoa powder and pour into a pan lined with parchment paper and top with chocolate chip morsels.
5. Bake at 375° for approximately 18 min.

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# Walnut Pulp Balls

---

## Ingredients

1/3 cup walnut pulp

4 dates

1 cup of oats

1/2 cup unsweetened applesauce

1 tsp baking powder

2 tsp chia seeds

1 tsp vanilla

cinnamon

a dash of pink salt

2-3 tbsp dark chocolate chips

## Directions

1. Preheat the oven to 350°.
2. Put all of the ingredients, minus the chocolate chips, in the food processor and process until combined and a sticky dough is formed.
3. Fold in the chocolate chips.
4. Scoop heaping tablespoons of the dough onto a baking sheet and bake for 10-12 minutes or until the bottoms are golden brown.

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# Cacao Crisp Cheesecake Bars

---

## Ingredients

- 1 cup brown rice cacao crisps
- 3 tbsp honey graham peanut butter
- 1 1/2 tbsp gelatin
- 1/4 cup hot water
- 1/3 cup cream cheese
- 3 oz coconut yogurt
- 1/4 cup stevia
- 2 tsp cacao powder

## Directions

1. Dissolve gelatin in hot water, microwaving until all the granules have disappeared.
2. Mix 2 tbsp of the liquid with peanut butter, then stir in cacao crisps.
3. Tightly press crispy mixture into the bottom of a small square container lined with cling film, and freeze.
4. For the filling, mix cream cheese, yogurt, stevia, and rest of the gelatin liquid till smooth.
5. Pour about 3/4 of the filling onto the crisp base and freeze.
6. Mix the leftover 1/4 with the cacao powder, and carefully spread on top previous cheesecake layer, and freeze until the filling is set, about 2 hours.
7. Cut into 4 slices and cool down.

# Almond Pulp Key Lime Pie

---

## Ingredients

### Filling:

- 2 avocados
- 2 tbsp lime juice
- 1/2 cup coconut oil
- 2 tbsp honey (or other sweetener)

### Crust:

- 1/2 cup almond pulp
- 1/2 cup dates
- a pinch of salt
- a pinch of cayenne pepper

## Directions

1. Blend all filling ingredients together, set aside.
2. For the crust, process the dates, almond pulp, salt, and cayenne pepper together until smooth.
3. Press the crust into lined muffin tins or grease and cut out strips of parchment paper to stick in the muffin tins.
4. Spoon in the filling. Freeze for 1-2 hours. It's going to freeze super hard so just leave it out for a few minutes before devouring to soften it up!

# BOWLS



# Baked Oats


---

## Ingredients

- 1/2 cup oatmeal
- 1/2 mashed banana
- 2/3 cup [homemade almond milk](#)
- 1 tsp honey
- 1 tsp baking powder
- 1/2 scoop protein powder

## Directions

1. Mix ingredients together and place in oven proof dish.
2. Top with fruit and bake @ 400° for 25 mins!



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# Overnight Chia Bowl

---

## Ingredients

2 cups [homemade almond milk](#)

6 tbsp chia seeds

1 scoop collagen (optional)

1 tsp cinnamon

## Directions

1. Mix ingredients together and soak overnight in the refrigerator in a mason jar.
2. Take out in the morning and top with sliced banana, cacao nibs, coconut flakes, more cinnamon, and drizzle nut butters on top!
3. Enjoy!



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# Strawberry Banana Overnight Oats

---

## Ingredients

- 1/4 cup rolled oats
- 1/2 cup [homemade almond milk](#)
- 1/4 cup plain Greek yogurt
- 1 scoop whey protein
- 1 1/2 tbsp chia seeds
- 1/4 cup diced fresh strawberries
- 1/4 cup mashed banana

## Directions

1. Add all ingredients to jar and shake vigorously. Leave in fridge overnight.
2. Top with additional fruit, coconut chips, and almond butter (optional).



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# Peanut Butter Oats & Chia Granola

---

## Ingredients

1 cup leftover almond pulp  
1 cup rolled oats  
1 tbsp chia seeds  
3 tbsp peanut powder  
1 tsp vanilla extract  
1 tbsp coconut oil  
3 tbsp maple syrup  
a sprinkle of cinnamon  
a pinch of sea salt

## Directions

1. Combine all ingredients in a bowl.
2. Spread on a nonstick baking sheet and place in an oven.
3. Bake at 325° for 30 minutes or until golden brown and crispy.

### NOTE

*Make sure to check and toss the granola 1-2 times in the process. Let cool, & store in room temperature!*

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# Coconut Almond Granola

## Ingredients

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup leftover almond pulp | 2 tbsp coconut oil         |
| 1/3 cup dates              | 2 tbsp coconut shreds      |
| 1/3 cup cashews            | 2 tbsp coconut sugar       |
| 1/3 cup pumpkin seeds      | 1 tbsp coconut nectar      |
| 1/2 tsp cinnamon           | 1/4 tsp sea salt           |
| a dash of cardamom         | 1/2 tsp vanilla extract    |
| a dash of nutmeg           | 1 dried persimmon, chopped |

## Directions

1. Preheat oven 300°.
2. Place leftover almond pulp on a tray.
3. Bake for 15-20 minutes or until slightly golden and firm.
4. Take out and let cool for a few minutes.
5. In the meantime, mix all ingredients together in a mixing bowl including almond pulp.
6. Preheat oven to 325° and place granola onto the tray.
7. Bake in the oven 15-20 minutes until crispy and golden brown, or until it smells delicious!
8. Let cool and enjoy.





# Peanut Butter & Maca Overnight Oats

---

## Ingredients

- 1/3 cup oats
- 1 1/2 tbsp chia seeds
- 1 tbsp peanut butter
- 1/4 tsp maca powder
- 1 scoop protein powder
- 1 cup [homemade almond milk](#)

## Directions

1. Combine ingredients, shake well and let sit overnight!

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# Carrot Cake Oats With Caramelized Bananas

---

## Ingredients

1/2 cup of oats cooked with [homemade almond milk](#)  
shredded carrots  
1 tbsp chia seeds  
maple syrup to taste  
1 tsp cinnamon

## Directions

1. Cook oats with the rest of the ingredients.
2. Caramelize bananas in a cast iron skillet with coconut oil.
3. Top with unsweetened coconut, date pecan butter, chocolate, sea salt, granola (optional).

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# 5 Minute Chia Pudding

---

## Ingredients

1 cup homemade nut milk

1/4 cup chia seeds

## Directions

1. Warm your nut milk over the stove and add chia seeds.
2. Stir every now and then.
3. Once it's all gelled up, you're done!
4. Serve with 1/2 of a baked purple sweet potato, 1/2 roasted cinnamon pear, almond butter, coconut shreds, hemp seeds. (optional)



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# Homemade Oats

---

## Ingredients

- 1/2 cup of oats
- couple of blueberries
- 1/4 cup granola
- sprinkle of coconut flakes
- sprinkle of chia seeds
- 1 spoonful of cashew butter

## Directions

1. Cook your oats in either homemade almond milk or water.
2. When your oats are finished put them in a bowl and top them with all the toppings!

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# Amazing Breakfast Bowl

---

## Ingredients

1 steamed & mashed sweet potato  
1/4 cup yogurt  
sliced strawberries  
[homemade chia seed pudding](#)  
[homemade almond milk](#)

## Directions

1. Place all ingredients next to each other in a bowl.
2. Enjoy!

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# The Best Açai Bowl Ever

## Ingredients

- frozen açai
- blueberries
- bananas
- [homemade cashew milk](#)

## Directions

1. Blend it all up!
1. Add toppings as desired.

### NOTE

*Homemade nut milk seriously makes all the difference!*

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**BREADS**

**&**

**DISHES**

# Almond Bread

---

## Ingredients

1 cup leftover almond pulp  
6 eggs  
6 tbsp coconut oil  
1 brown banana  
1 tbsp baking soda  
3 tbsp coconut flour \*very important\*  
1 tbsp flax meal  
1/2 tbsp salt  
1 tbsp cinnamon  
3/4 cup raisins (1/4 for topping)

## Directions

1. Put eggs, oil and banana in a bowl and whisk together.
2. Add dry ingredients and continue mixing until fully blended.
3. Pour into greased bread pan and top with raisins.
4. Bake at 350° for 30-35 minutes and enjoy!



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# Homemade Cashew Bread

---

## Ingredients

- 1 cup cashew pulp
- 3 tbsp coconut flour
- 1 tbsp flax meal
- 1 tsp baking soda
- 1/2 tsp salt

## Directions

1. Blend all dry ingredients in a bowl.
2. Mix in a separate bowl:
  - 6 eggs
  - 6 tbsp melted coconut oil
  - 1 tsp apple cider vinegar
3. Mix the dry ingredients with the wet ingredients until fully mixed. Pour into greased baking pan.
4. Bake at 350° for 30-35 minutes and enjoy.



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# Pecan Tarts

---

## Ingredients

### Crust:

- 2 cups almond flour
- 2 1/4 tsp coconut flour
- 3 tbsp cold butter
- 2 1/2 tsp cold water

### Filling:

- 9 tbsp softened butter
- 1 cup xylitol (or other sweetener)
- 1 1/2 tsp vanilla
- 1 1/2 tsp molasses
- 1 1/2 oz heavy cream
- 2 eggs
- 1 1/2 cup pecans

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## Directions

1. Set out 9 tbsp of butter to soften (a few hours before starting or warm in microwave).
2. Preheat oven to 350°.
3. Grease muffin pan very well with oil or butter.
4. Put the almond flour, coconut flour, and 3 tbsp cold butter in a food processor and pulse until crumbs form. Add the cold water and pulse until it forms a dough.
5. Divide into 12 balls and place in muffin pan and press them into the pan and up the sides. Poke a fork into the dough to keep bubbles from forming.
6. Place crusts in oven and bake for 10 minutes.
7. While crust is cooking combine 9 tbsps of butter and xylitol in a medium bowl and beat with an electric mixer until smooth.
8. Add vanilla, molasses, heavy cream, and eggs. Beat until combined.
9. Stir in pecans.
10. Spoon mixture into pre-baked crust shells.
11. Bake for 20-25 minutes until golden brown and filling is set.
12. Let cool and place in refrigerator until they're nice and cold before removing from pan. (Getting them cold makes removal easy). Run a knife in a circle around each tart to loosen from pan. These yummy tarts can be made ahead a few days if refrigerated. The flavor is enhanced after being in the fridge and they hold their shape best when cold so keep them refrigerated until ready to serve.

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# Banana Walnut Almond Meal Muffins

---

## Ingredients

- 2 eggs
- 2 ripe bananas
- 3 tbsp agave nectar
- 2 tbsp maple syrup
- 3 tbsp [homemade almond milk](#)
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 cup almond meal
- 1/2 cup oat flour (grind up oats in a bullet or food processor)
- 1/2 cup raw walnuts

**Recipe Continues On Next Page**



## Continued from Previous Page

### Directions

1. Preheat oven to 350° and grease 8 cups of a muffin pan.
2. In a medium bowl, mix eggs. Add bananas and mash. Add agave, maple syrup, baking powder, vanilla, almond milk and mix. Add almond meal, oat flour and walnuts and mix. Taste to see if it is sweetened to your liking. Add more sweetener if desired.
3. Bake for 30 minutes or until a toothpick inserted in to the center comes out clean and they become firm to the touch with a little bounce.
4. Remove and let rest in pan for 5 minutes. Let cool on cooling rack.
5. Enjoy!

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# Chocolate Chip Banana Zucchini Bread Muffins

---

## Ingredients

- 3 **very** ripe bananas
- 2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp pink salt
- 2 tsp baking powder
- 1 large grated zucchini (use your Bigger Better Nut Milk Bag to squeeze out the water)
- 1/2 cup quinoa flour
- 2 tbsp olive oil (or coconut oil)
- 4 tbsp cacao nibs

## Directions

1. Preheat oven to 350°.
2. Mash bananas.
3. Blend in all ingredients.
4. Bake for 20 minutes.

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# Vegan Cashew Cheese

---

## Ingredients

- 2 cups raw cashews
- 2 garlic cloves, minced
- 1 lemon, zested
- 2 lemons, juiced (1/4 cup)
- 3/4 cup water
- 2 tbsp nutritional yeast
- 1/2 tsp sea salt
- 2 tbsp olive oil

**Recipe Continues On Next Page**



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## Continued from Previous Page

### Directions

1. Soak cashews in filtered water for appropriate time ([see Soaking Chart](#)) drain and rinse.
2. Next day drain and wash, add to a food processor with all the ingredients, process until very creamy & smooth.
3. Place in your Bigger Better Nut Milk Bag twist the top gently, fold it over and secure with the drawstring.
4. Place it in a bowl lined with paper towels to absorb the moisture.
5. Place in the fridge for a minimum of 6 hours up to 12, or until the moisture has been wicked away and it holds its form.
6. To serve, unwrap nut milk bag and gently invert onto a serving platter. Reform as needed, then coat with chopped herbs and lemon zest (optional). It is fragile, so handle gently.
7. Enjoy with crackers or anything else!

### NOTE

*Best when chilled. Leftovers keep in the refrigerator for up to 5 days.*

# Almond Pulp Hummus

---

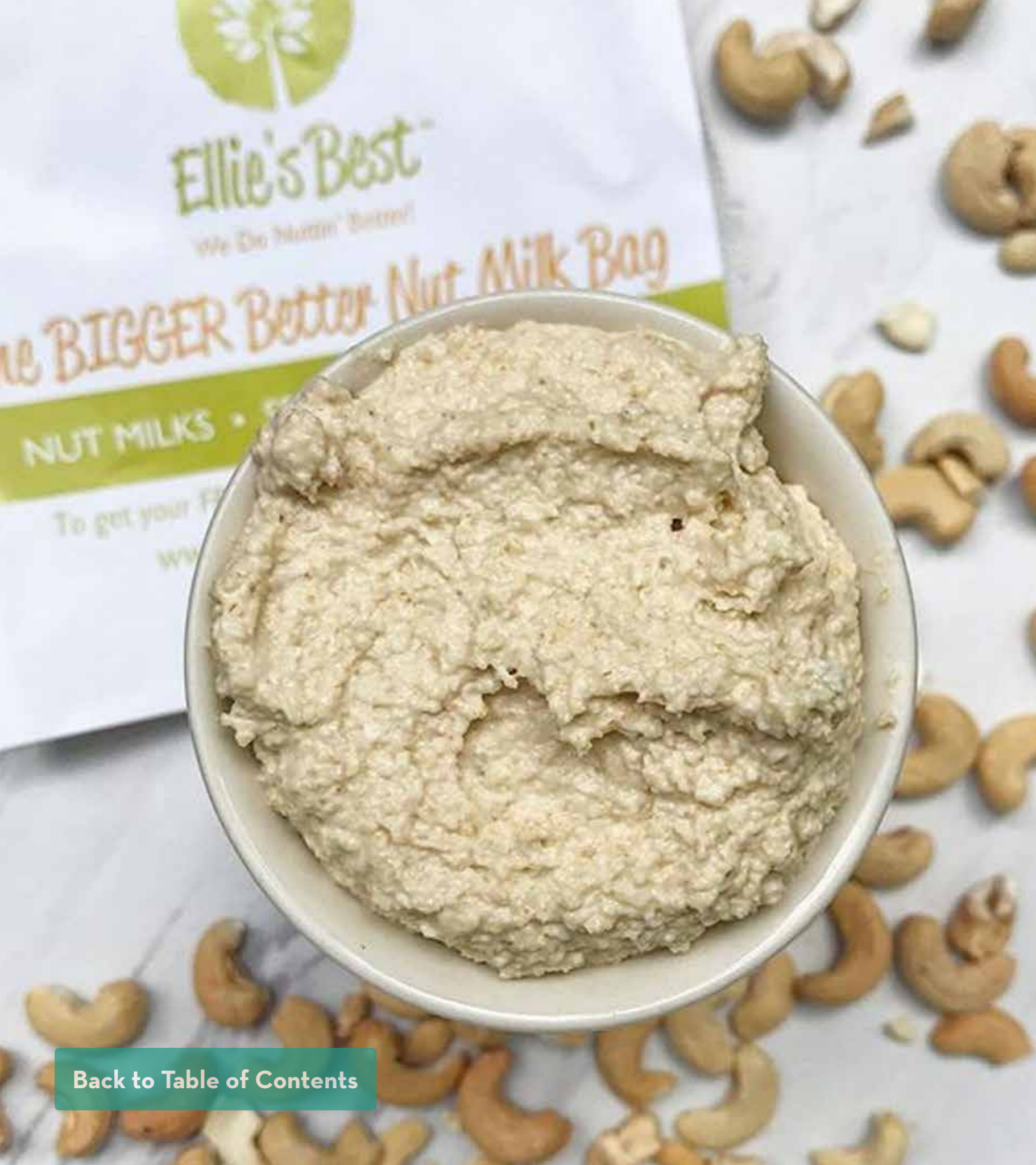
## Ingredients

- 1 cup almond pulp
- 2 cups chickpeas
- 1 tsp lemon juice
- 1 garlic clove
- 1 tbsp tahini
- 4 tbsp olive oil
- 1/4 tsp salt

## Directions

1. Mix all ingredients together until well blended.
2. Refrigerate for at least 2 hours until well chilled.
3. Garnish with thyme, honey and paprika.
4. Serve and enjoy!

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# Cashew Hummus

---

## Ingredients

- 1 1/4 cup cashew pulp
- 1 clove garlic
- 4 tbsp lemon juice
- 2 tbsp water
- 4 tbsp raw tahini
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- a pinch of sea salt and pepper

## Directions

1. In a food processor, pulse to mince garlic.
2. Add everything but the nut pulp and blend until creamy.
3. Slowly add the nut pulp a few spoonfuls at a time until you have everything well blended.
4. If desired, add more water, one tablespoon at a time, until the desired consistency is reached!

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# Cardamom Mashed Purple Sweet Potatoes

---

## Ingredients

- 4 cups purple sweet potatoes, cubed
- 1/3 cup [homemade almond milk](#)
- 1 1/2 tbsp maple syrup
- 1/4 tsp ground ginger
- 1/4 tsp ground cinnamon
- 1/8 tsp Himalayan salt (to taste)
- a pinch of cardamom

## Directions

1. Add sweet potatoes to a large pot and fill with water.
2. Place pot over high heat and bring to a boil.
3. Once sweet potatoes come to a boil turn down and let simmer for 20 - 25 minutes, until sweet potatoes are fork tender.
4. Remove from heat and drain, then place sweet potatoes back into the pot. Add almond milk, maple syrup, ground ginger, cinnamon, salt and cardamom.
5. Mash with potato masher and stir until well combined.
6. Enjoy!

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# Gluten Free Pizza

---

## Ingredients

Crust:

3/4 cup almond flour

1 3/4 cup shredded mozzarella cheese

2 tbsp butter

1 large egg, beaten

1/4 tsp sea salt

Toppings:

tomato sauce

mozzarella cheese

any other toppings you'd like

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## Continued from Previous Page

### Directions

1. If using a pizza stone, put it in the oven and set it to 425°. Leave the pizza stone in the oven to heat up while you prepare the crust.
2. Put the mozzarella cheese and butter in a pan to heat on stove (or in a dish to melt it in the microwave) heat until cheese is completely melted. Stir the butter and cheese until combined then add the egg and use a hand mixer to completely blend.
3. Add in the almond flour and salt and beat with the hand mixer until it is fully combined and looks like a dough. At this point you should have a sticky dough that can be formed into a ball. While you get the toppings prepared, put the dough in the freezer to set. Or if you don't want to chill it, you can skip to step #6.
4. Chop up your toppings, veggies and whatever else you are putting on it.
5. After you have your toppings prepared, take the crust out of the freezer and place it between two sheets of parchment paper and roll it out into a circle. I usually start with a ball in the middle and flatten it and then spread it out as evenly as possible until you have formed a circle to fit the size of your pizza stone. Then poke it all over with a fork and place it on the preheated pizza stone for about 10 minutes or until it starts to get golden brown. I leave the oven light on and watch it to make sure its not getting overdone. Take it out once it has started to brown up. Leave the pizza stone in the oven so it doesn't cool off, just remove the parchment with it.
6. Now load up your pizza with sauce, cheese and toppings and place it on the preheated pizza stone, while still on the parchment, to cook for about 8-10 minutes until your cheese is bubbly and the crust is brown and your toppings look done.

### NOTE

*The trick to making this crust perfect is to pre-bake it. Once you load it up with the toppings, it won't crisp up and you will have a soggy middle crust and no one likes that.*

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# Paleo Turkey-Zucchini Meatballs

---

## Ingredients

- 1 lb ground turkey
- 1 zucchini
- 1/4 cup almond flour
- 1/4 onion, diced
- 1 tsp basil
- 1tsp garlic

## Directions

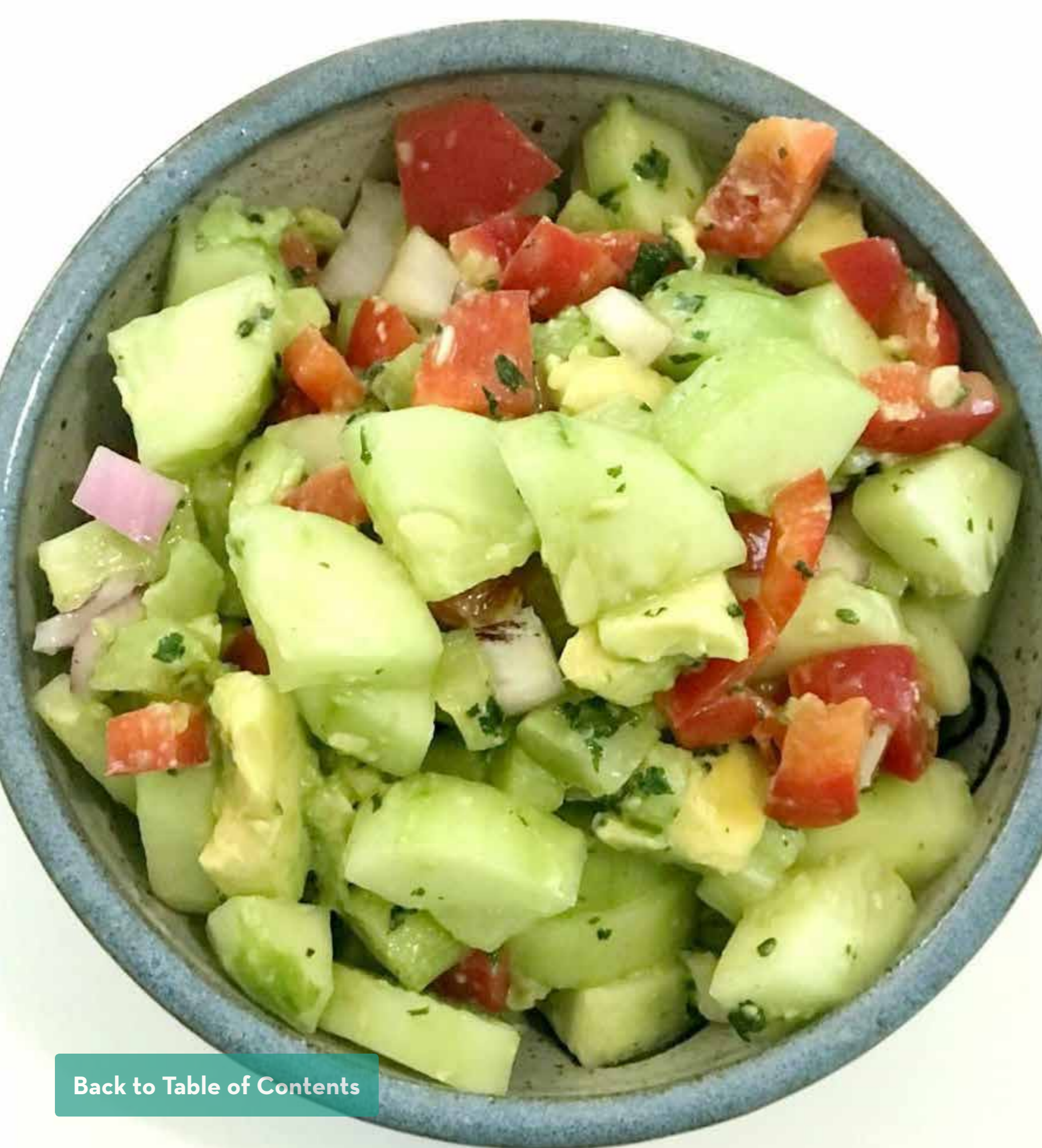
1. Put all the ingredients (minus the zucchini) in a bowl.
2. Grate the zucchini and drain **all** of the excess liquid out using your Bigger Better Nut Milk Bag (this step is the most important, if you do not do this it will be too watery).
3. Add the shredded zucchini, mix well, and form your meatballs.
4. Heat a large cast iron skillet on the stove with olive oil and brown the outside of the meatballs for 5 min.
5. Place the skillet in the oven for 10 minutes on 350° to allow them to cook all the way through.



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# Fresh & Tangy Cucumber Avocado Salad

---



## Ingredients

1 cucumber, peeled and chopped  
1/4 red onion, chopped  
1/2 red bell pepper, seeded and chopped  
1 stick of celery, chopped  
1 avocado, cut into squares  
1 lemon, juiced  
1 tsp cilantro, chopped  
salt to taste

## Directions

1. Chop up veggies and place in a bowl.
2. Squeeze lemon on and sprinkle salt evenly over salad.
3. Add cilantro and toss to distribute the salt, lemon and cilantro.
4. Enjoy!

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**EXTRAS**



# Harvest Cider

---

## Ingredients

- 2 cups unsweetened cranberry juice
- 6 cups apple cider
- 1 orange, cut and peel into large strips
- 1 inch piece of ginger, peeled and sliced
- 2-3 cinnamon sticks
- 4 whole allspice berries
- 4 whole cloves

## Directions

1. Place all ingredients in a large pot and bring to a boil.
2. Reduce heat and simmer, partially covered, for 30 minutes.
3. Let it cool a bit and strain it through your Bigger Better Nut Milk Bag.
4. Serve warm with a garnish of apple or orange.

### NOTE

*To sweeten add honey to taste, a couple of tablespoons at a time.*

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# Chocolate Banana Cashew Ice Cream

---

## Ingredients

- 1/4 cup of [homemade cashew milk](#)
- 1 frozen banana
- 1 tbsp of cacao
- 1 tbsp of peanut butter

## Directions

1. Blend it up and freeze for at least an hour.
2. Enjoy!

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# Almond Flour

---

## Ingredients

leftover almond pulp

## Directions

1. Spread your almond meal loosely on a baking pan.
2. Bake at the lowest temperature your oven will go for 3-4 hours, or until completely dried out. You can also use a food dehydrator for this step.
3. Remove from oven once completely dried, and either store for use as is, or proceed to step 4, and store for use.
4. This step is optional, but I like to put the almond flour back into the blender (you can also use a food processor) after drying it out. This allows you to grind it into an extra fine flour that more closely resembles how almond flour looks when you buy it. I've used almond flour both ways and they both work just fine in recipes.



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# Easy Homemade Vegetable Broth

---

## Ingredients













- 16 cups water
- 14 - 16 cups vegetable scraps, frozen (an entire gallon sized ziplock bag stuffed with frozen veggie scraps)
- 8 cloves garlic, minced
- 1 tsp dried parsley
- 1/2 tsp thyme

## Directions

1. Add all ingredients into a large stockpot and bring to a boil.
2. Turn down to simmer and let cook for 1 - 1 1/2 hours.
3. Turn off stove and let cool for 1+ hours, until it is cool enough to work with.
4. Strain through your Bigger Better Nut Milk Bag into a large bowl.
5. Pour vegetable stock into mason jars and refrigerate for up to 1 week or freeze in freezer safe containers and use when needed. If freezing this vegan veggie broth in mason jars I recommend leaving extra room in the jar(s) and putting the lid(s) on once contents are frozen.

# Soaking Chart

FOR THE BEST PLANT-BASED MILKS

<b>ALMOND</b>  8-12 HOURS	<b>BRAZIL</b>  NONE	<b>CASHEW</b>  2 HOURS	<b>HAZELNUT</b>  8 HOURS	<b>MACADAMIA</b>  8 HOURS	<b>PEANUT</b>  8 HOURS
<b>PECAN</b>  4-6 HOURS	<b>PINE NUT</b>  8 HOURS	<b>PISTACHIO</b>  NONE	<b>PUMPKIN SEED</b>  8 HOURS	<b>SOY BEAN</b>  12 HOURS	<b>WALNUT</b>  4 HOURS

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# About Us

We've always been interested in health. We stopped drinking cow's milk years ago and felt so much better after we made the switch to nut milk.

Once we started making homemade nut milk we got frustrated with the low quality nut milk bags on the market. This led us to the decision to make the BIGGER Better Nut Milk Bag so we would have the perfect bag to make the nut milk we craved every day and wanted to share it with the world so everyone could enjoy the best nut milk too!

Using our bag has inspired us to develop mouth watering recipes that we are so excited to share with you! If you have a favorite recipe, we'd love to feature it on our blog! We want to hear what you think of the bag, please be sure to leave your feedback on Amazon and feel free to email us if you have any comments or questions.

Only the Best!

Mike & Athena - Ellie's Best

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