



NEXT RECIPE

Almond milk's light creamy texture and delicious flavor make it an ideal addition to recipes — from sauces and smoothies, to baked goods and desserts. Almond milk can be swapped for dairy in many recipes, making it easy for those who may be looking for an alternative. It's a low-carb and low-sugar option, with unsweetened almond milk varieties offering as few as 30 calories per serving with 0 grams of sugar, and no saturated fat or cholesterol. With a wide variety of almond milk flavors and blends, the possibilities are endless for this versatile, plant-based ingredient.

How to Participate

- 1 Make the featured recipe.
- 2 Submit feedback and photos via FoodandNutrition.org/TestKitchen.
- 3 Enter by **June 28** for a chance to win a prize!



YOU COULD WIN! The Brewista NutraMilk® Nut Processor makes the once tedious process of making delicious, healthy nut milk so fast, butter simple and fast. Make up to two liters of nut milk or 3 cups of nut butter in less than 12 minutes, compared to the hours or days required using other methods. (\$449.95 value)

Creamy Non-Dairy Pesto Pasta

Recipe by Chef Dan Churchill

Almond milk makes for a slightly nutty, creamy sauce in this recipe.

Ingredients

Pesto:
1 bunch of basil
¼ cup almonds
3 garlic cloves
½ cup olive oil
1 tablespoon white miso paste

Pasta and Sauce:

1 tablespoon olive oil
1 cup mushrooms (king, oyster, portabella, field, button or a combination)
½ cup almond milk
1 8-ounce package quinoa spaghetti
Salt and pepper to taste

Directions

1. To make the pesto, combine all ingredients in a blender and process until a paste forms.
2. Bring a pot of water to boil, add a few pinches of salt and cook pasta for 10 to 12 minutes or according to package directions until it has the slightest bit of firmness. While draining, reserve 1 cup pasta water.

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3. Drizzle 1 tablespoon olive oil into a pan and sauté mushrooms over medium heat for 5 to 8 minutes or until golden; season with salt and pepper.
4. Place almond milk in a small pot and turn heat to medium; let almond milk simmer and reduce by half (3 to 4 minutes), then stir in pesto paste.
5. In a bowl, combine pasta and ¾ of creamy pesto sauce. Mix thoroughly before dishing into individual bowls. Top with mushrooms and remaining sauce, and a drizzle of olive oil.

california almonds
Almonds.com

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