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Make Custom Alternative Milks and Butters in 4 Easy Steps with NutraMilk

Posted by Kaitlyn Vadenais | Jun 30, 2020



Whether you are avoiding dairy, eliminating preservatives, or just want to make your own custom alternative milk and butter blends, NutraMilk will help make the process easy while reducing waste.

Using nuts, seeds, legumes, and grains of almost any variety, **NutraMilk is a versatile appliance** that was invented to cut out all the extra tools and time needed to make your own butters and milks. From cashew milk to almond butter, you get to control the flavor, sweetness, and consistency to your taste. The powerful horsepower combined with sharp blades breaks down nuts into butter in minutes. If milking, add water to the butter, and the mixture is forced through little mesh screens to ensure that the final product is extra smooth and creamy.

Ready to make your own? There is no need to soak your ingredients prior, and there is no straining required after. There are just four simple steps:

1. **Add your dry ingredients to the NutraMilk machine.** You can use as little as one cup for small batches or up to three cups for larger servings.
2. **Butter the ingredients.** All times are laid out in a handy chart based on the nut, etc. used so there is no guessing. Set the timer and press the Butter button.
3. **Add water.** Once you have a creamy butter base, add water and press Mix.
4. **Dispense.** Now you have delicious, additive-free milk!

My first time using the NutraMilk was almost *too* easy. I re-read the directions several times thinking I was forgetting something. The large machine was slightly intimidating and made me think that there was more to it, but it really was that simple. I also liked that the NutraMilk was quieter than many other blenders and food processors.

While it may not be as cost-effective to make your own alternative milk, this machine will make sure that you are making efficient use of your ingredients. Alternative milk created with the NutraMilk contains 15% nut content with only the additives you want to include. Additionally, there was nothing left over when I was done dispensing! All of the almonds had been used in the milk and there was hardly any pulp remaining.

Although it is a large appliance, you can justify the space and the cost because NutraMilk can easily take the place of your existing food processor. Beyond butters and milks, NutraMilk can be used for smoothies, purees, sauces, dips, and batters. NutraMilk comes with a giant recipe book with over 200 recipes so that you can have fun experimenting and custom blending your favorite combinations.

There are recipes like cinnamon maple almond milk that went amazing with my coffee and lavender honey cashew milk that perfect with matcha. As a peanut butter addict, of course, I made my own peanut butter, and I can't wait to try the chocolate hazelnut butter for a homemade Nutella.

If you are someone who likes to know what is in their food, enjoys making their own food, or likes to experiment in the kitchen, I would recommend NutraMilk for the convenience and choices that it provides.

Disclosure: I received the NutraMilk machine in exchange for this review. All opinions are my own.