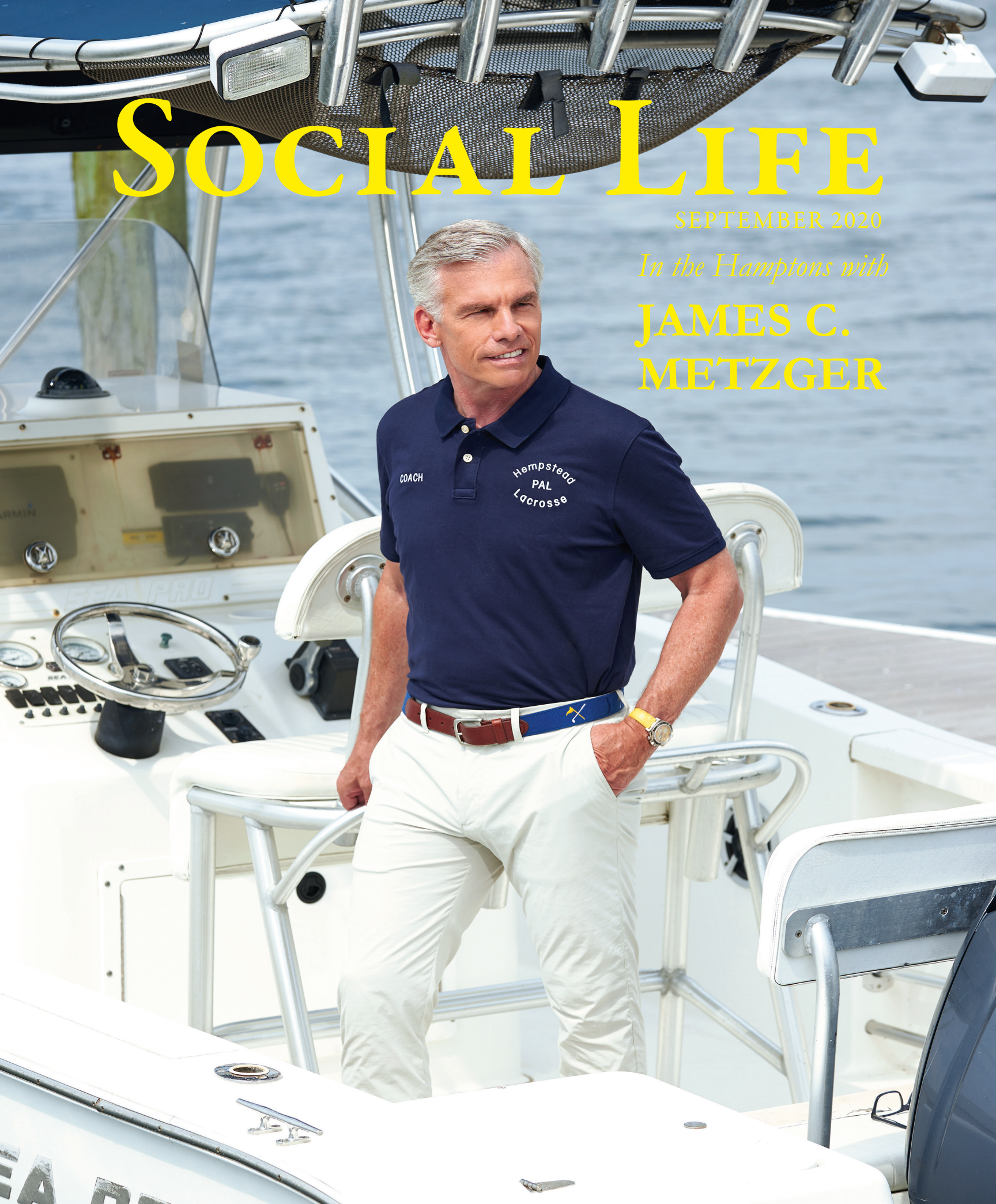


# SOCIAL LIFE

SEPTEMBER 2020

*In the Hamptons with*

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## THE MIRACLE MILKER & MORE

NUTRAMILK MAKES EATING HEALTHIER SIMPLE AS 1-2-3

BY HANNAH KATZ



Carolyn Chen



Photo by Jordan Braun

*Social Life* editors take health and wellness seriously. Some of us are vegan and others just prefer clean eating. I've been drinking non-dairy milk for a long time. And for a long time, I've been vexed by the unpronounceable ingredients found in most non-dairy milks. I'd scour the shelves at Whole Foods or the health food store for a pure non-dairy milk, to no avail. I could have made it myself by hand with a grinder and strainer, but it required a ton of time, including an exorbitant amount of time soaking the nuts. Then our editorial team stumbled upon what I call the "miracle milker and more." NutraMilk is the easiest to use machine for making plant-based milks and butters in minutes. And it doesn't just make milks. It also makes butters, smoothies, salad dressings, dips, desserts, and so much more — a recipe book with more than 300 pages comes with the machine. It's really made my non-dairy dreams come true.

NutraMilk's patented technology can make up to two liters of plant-based milk favorites in less than 12 minutes, compared to the hours or days it takes using other methods. It's also dishwasher safe (no scrubbing by hand!).

We sat down with Carolyn Chen, CEO and president of NutraMilk, to learn more about how this miracle milker came to life.

### What is the story behind how NutraMilk came to the market?

Six years ago we started to develop the NutraMilk to create a machine for coffee shops, seeing as our sister brand provided machines for the specialty coffee industry. We worked closely with the industrial design department of Metropolitan State University of Denver to bring this project to life. Four of the students who worked on the final design were actually included in the patent for the NutraMilk. Although we did not originally set out to bring the NutraMilk onto the market, we foresaw the need for an innovative appliance that could make fresh nut milk and butter in the process.

### What are the benefits of freshly made nut milks?

There are so many benefits to making your own homemade plant-based milks. For starters, making your own milks ensures that they are free from any kind of additives or preservatives. You have complete control of what is going in your milk; therefore, your body. Having complete control over the integrity of your milk allows you to determine flavor, texture, and sweetness. You will find that homemade alternative milks don't just taste better, but are better for you, as they are very nutrient dense.



Photo by Jordan Braun

**Most nut milk machines require a lot more time to make milk. What's the secret function that makes these delicious milks in minutes?**

The NutraMilk is unlike any other appliance on the market. Its 1800 RPM motor breaks down nuts to their cellular level, releasing the enzymes in a matter of minutes, eliminating the need for soaking while filtering skins with phytic acid in the process. And its motorized rotating wiper arms continuously push down ingredients so that you never have to stop and do so manually. When using the NutraMilk, the nuts or seeds are processed into a smooth butter, resulting in very fine particles. When these particles are mixed and emulsified with water, the solution goes through a fine, 100-mesh [100 openings per square inch] system that filters out larger particles, leaving the hull behind and resulting in a very finely filtered, smooth alternative milk.

**How is the machine different from traditional methods of making nut milk?**

Traditional methods of making nut milk require a lot of time and different equipment. The NutraMilk eliminates the need for over-

night soaking, heat, straining, and rinsing. It's quick and easy to use for delicious alternative milk every time!

**What can NutraMilk make other than milks?**

Apart from milk, you can make tasty butters, dips, spreads, smoothies, soups, sauces, and even desserts.

**Does it only process nuts? What about seeds or grains?**

With the NutraMilk you can use virtually any nut, seed, legume, or grain.

**Do you have a favorite milk or butter?**

You can't go wrong with homemade Nutella and oat milk.

**Any favorite recipes?**

Grilled vegetable fajitas with cashew green sauce followed by some Dole whip nice cream.

**NutraMilk**  
[thenutramilk.com](http://thenutramilk.com)