



The Joys of Almond Milk: Delicious Recipes for the Dairy-Free

By Instructables. Com

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Paperback. 176 pages. Dimensions: 8.0in. x 5.5in. x

0.6in. Unsweetened almond milk has less than half the calories of

skim dairy milk. It has the same consistency of whole milk, and it

has more vitamins and minerals than soy milk. If you can handle

tree-nuts, then you have no excuse not to use almond milk every

day of your life. With so many diets and eating habits out

there like vegan, gluten-free, and low-carbit can be confusing to

try keeping up with what kind of food is acceptable for specialty

eaters. The beauty of almond milk is that it fits all of those eating

habits and so many more. Even more perfect is that almond

milk can be used in place of dairy, soy, or rice milk in almost any

cooking situation. With these dozens of Instructables recipes in

one convenient collection, you'll be on your way to a more

almond-based lifestyle in no time! Only in this collection can you

find amazing recipes like: Raw chocolate almond chia

pudding Vegan butternut biscuits Creamy vegan baked potato

soup Vegan shepherds pie Healthy chocolate banana bread And

so much more! You don't have to be vegan, gluten-free, or even

watching your weight to...



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

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Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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