



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

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The Joys of Almond Milk: Delicious Recipes for the Dairy-Free By
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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-carb—it 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 shepherd's pie
Healthy chocolate banana bread
And so much more!

You don't have to be vegan, gluten-free, or even watching your weight to enjoy the healthy benefits of almond milk. With it, you know exactly what you're drinking; with *The Joys of Almond Milk*, you'll know exactly what you're eating, too.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French

cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Editorial Review

About the Author

Instructables.com is a bona fide Internet sensation, a web-based community of motivated do-it-yourselfers who contribute invaluable how-to guides to the site on a wide range of topics, from gardening and home repair to recipes and gadgets that defy categorization. The site hosts more than 100,000 projects. More than fifteen million people visit the site each month, leaving comments and suggestions on the ever-growing list of do-it-yourself projects.

Nicole Smith is an editor and part of the community management team at Instructables.com. She earned a BA in English from a little private college in the cold wilderness of Minnesota. Among her many hobbies, she loves to spend time working on needlecrafts like knitting, crocheting, and needle tatting, as well as baking incredibly sugary sweet treats in the kitchen. Check out her projects at instructables.com/member/Penolopy+Bulnick.

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Pearlie Henry:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite reserve and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled The Joys of Almond Milk: Delicious Recipes for the Dairy-Free. Try to stumble through book The Joys of Almond Milk: Delicious Recipes for the Dairy-Free as your good friend. It means that it can to become your friend when you sense alone and beside regarding course make you smarter than before. Yeah, it is very fortunated for you personally. The book makes you far more confidence because you can know almost everything by the book. So , we should make new experience along with knowledge with this book.

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