

Itziar Bartolome Aranburuzabala
Antxon Monforte

HOMEMADE VEGAN MILKS

With more than **70** recipes of:

Plant milks, vegan yogurt & cheeses. Juices, smoothies & veggie shakes.
How to turn the leftover pulp into delicious vegan dishes.

 **Vegan Milker**
ChufaMix

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WARNING:

The recipes in this book have been created using **Vegan Milker (Chufamix)** as a tool.

Some of the vegan milks that with Vegan Milker come out creamy and consistent **with other systems** such as the French press coffee maker, the nut milk bags, or the soy machines, the same creamy and tasty result can not be achieved.

This **difference is even more noticeable** when we process small seeds such as sesame, hemp seeds or canary seed seeds, but also with nuts and grains.

This is because Vegan Milker (in conjunction with a hand blender) crushes, filters and, above all, emulsifies simultaneously achieving a **unique centrifugal effect** able to extract the essence to any seed in the most effective way.

Therefore, **if you are going to use this recipe book with other systems**, welcome it, but use it only as a reference given that you will have to adjust the amounts upwards, and in some cases, even so you will not obtain the desired result.

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All recipes are
vegan and
lactose free



MAKE
YOUR
OWN...



FRESH PLANT MILKS

INTRODUCTION

Thanks to M3n Orxata (2003) and to our simple invention Vegan Milker (2012), we've been able to spend years researching on plant milks, at the same time that we were showing and motivating people to make their own vegan milks at organic, raw food, and yoga fairs in more than 40 countries.

In this journey around the world, we have had the immense luck of sharing knowledge with many alternative living networks and wonderful people from whom we have learned a lot.

With these multicultural experiences in our "backpack", in 2014 we began giving lectures for the Slow Food movement and important alternative fairs in France, Italy, England ... information that we now collect in this book for your enjoyment.

There are some excellent publications on recipes for "plant milks", however, in this book we will try to go beyond what is a recipe book by transferring information never before published about this exciting and unknown world.

The main objective is double:

- 1) Learning that when we make a vegan milk at home we are maintaining a millenary tradition and connecting with our ancestors and with Mother Nature.
- 2) To be able to make our homemade vegan milks with the same simplicity and confidence with which we elaborate a tea or an orange juice.

We hope you have a lot of fun putting into practice the instructions in the manual because with a little imagination and love you will create unique and delicious vegetable milk recipes!

Cheers!

ITZIAR BARTOLOME ARANBURUZABALA
 Responsible of www.plantmilk.org, small organic farmer, and co-inventor of the Vegan Milker)
 ANTIXON MONFORTE
 (Tigernut milk street vendor, founder of M3n Orxata and inventor of the Vegan Milker





HISTORY OF PLANT MILKS:

PAST, PRESENT AND FUTURE

Plant milks go with humans since immemorial times. Gastronomic and medicinal treatises in different eras, cultures, and continents talk explicitly about "plant milk" literally mentioning "almond milk", "coconut milk", "rice milk" or "walnut milk", among others.

We spent two years researching in old manuscripts to share this work with you ... enjoy!



OLD STONE MORTAR NEXT TO THE
VEGAN MILKER MORTAR

The seeds were ground with a mortar, then mixed with water, and finally filtered with a gauze or linen or cotton cloth, with marine corals, or with large and porous leaves.

According to our own research, the oldest explicit reference to the term "plant milk" we have found dates from the **ANCIENT ROME** (509 BC- 476 AD), specifically from the fourth century.

Marco Gavio Apicio (Apicius), in the only gastronomic compilation that remains of the Roman Empire, "De re coquinaria", explains us that vegan milks were a common ingredient in the kitchen back then.

However Apicius not only compiled Roman recipes but a wide range of recipes and culinary techniques from other civilizations, such as the old Greek or Mesopotamian, among others.

He also mentions in ancient Latin the "*Lacte Nucis*" ("milk of nuts") or the technique of "... *sucu seu lacte illius arboris*" (to "milk" some plants or trees").

Furthermore Apicius explains that these milks were common in the ancient Greece, relating them to the term "*Xouxi*", in old Greek.

However, "plant milks" were probably common in earlier civilizations such as the **Egyptian and Mesopotamian** because the technique of "emulsifying" or "filtering" ground seeds is a technique widely known since ancient times.

IN THE MIDDLE AGE

During the Middle Age (476 CE - 1492 CE), "plant milks" were as used as salt or animal milk attending to the **key medieval food manuscripts** of Europe.

One of the most pioneering and valued cookbooks at that time was the Catalan "*Llibre de Sent Soví*" (1324) because it inspired the courts of France, England, Italy, etc. with its recipes.

Among varied recipes of dishes made with plant milks, we highlight the famous "*Menjar blanc*", a soup made with almond milk ("*llet d'ametles*") that even Cervantes' "*Don Quixote*" tasted as he passed through Barcelona.

In **England**, "*The forms of Cury*" (1390) ("The ways of cooking") is the most important food manuscript where the chief cooks of King Richard III collect 205 recipes of the time.

We have reviewed them one by one and approximately 45 recipes out of 205, use plant milks. They mention among others the milk of hazelnuts, almonds, rice...

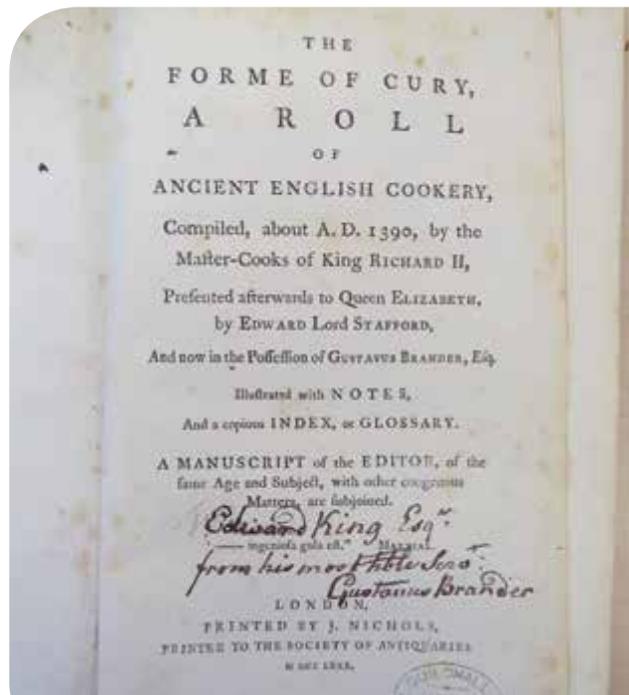
However, not only in cookbooks, plant milks were key in the **medicine** of the time:

Gervase Markham, in his renowned "*The English House Wife*" (1614) recommends drinking almond milk mixed with other herbs to alleviate fever.



OUR GRANDMO "MITCHIE" (95 YEARS), TEACHING US HOW THEY USED TO FILTER COCONUT MILK WITH DRY CORALS IN SAN ANDRES (COLOMBIA)

THE FORME OF CURY (1390 AD)



tailleuēt

Grant cuisinyer du

Roy de France.



LE VIANDIER BY TAILLEVENT (XIV Century)

Nicholas Culpeper in *"The Complete Herbal"* (1653), among other medical prescriptions in the section named "Cucumbers" explains how to relieve and prevent liver ailments with the "milk of cucumber seeds" :

<< *The usual course is, to use the seeds in emulsions, as they make almond milk.* >> ("Cucumbers" section, page 61).

In **France**, the legendary *"Le Viander"* by Taveillent (14th century) or *"Le cuisinier François"* by Pierre de la Varenne (1651), among many other works, often mention the "laict d'amandes" (almond milk) as an ingredient in several recipes.

In parallel, in **Italy**, we declared ourselves staunch followers of the great master Martino (1470), an unrepeatable chef who inspired other Italian chefs such as Battista Platina or the "Neapolitan Collection manuscript"(15th century) were inspired. From the master chef Martino we highlight his particular *"rice cooked in almond milk"*.

However, when it comes to Italy, vegan milks are rooted in their DNA. And not only thanks to the legendary master chef Martino.

PLANT MILK ADVERTISING IN GERMANY (1911)

Dr. Lahmann's Pflanzen-MILCH

bildet der Kuhmilch zu-gesetzt besten Ersatz für mangelnde Muttermilch.

hältlich in allen Apotheken, Drogen etc. Geschäften.

Allein. Fabrik. **HEWEL & VEITHEN, KÖLN u. WIEN**

Dr. med. Lahmann's

Vegetabile Milch

Allein. Fabrikation. **HEWEL & VEITHEN, KÖLN u. WIEN, 1102 Wien.**

Vegetabile Milch
(Pflanzenmilch)

Dr. med. Lahmann's vegetabile Milch löst vollkommen die Aufgabe, die Thiermilch (Kuh- oder Ziegenmilch) zu einem vollwerthigen Ersatz für Muttermilch zu machen.

Dr. med. Lahmann's vegetabile Milch bildet, der Kuhmilch zugesetzt, ein wirkliches beim jüngsten Säuglinge sofort anwendbares Ersatznährmittel für mangelnde Muttermilch.

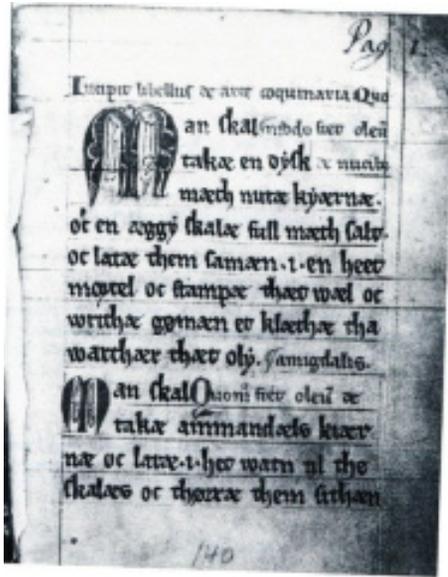
Dr. med. Lahmann's vegetabile Milch kostet die Döchse Mk. 1.50 und reicht für 8 Tage. Tausende Anerkennungs-schreib. v. Aerzten u. Müttern.

Dr. med. Lahmann's vegetabile Milch ist käuflich in allen Apotheken, sowie besseren Drogen- und Colonialwaarenhandlungen. Man verlange Gratis-Broschüre von den alleinig. Fabrikanten

Hewel & Veithen in Köln a. Rh. und Wien.
Kaiserlich und Königl. Hoflieferanten.

In Italian organic fairs such as SANA (Bologna) we did not stop making vegan milks with a great variety of seeds that people brought to us... while they explained how their grandparents in **Sicily made pistachio milk** at home, or how in the south of Italy homemade almond milk was extremely popular.

Also in **Scandinavia**, the ancient (13th-14th century) "*Libellus de Arte Coquinaria*", a compilation of several recipes written in Old Danish, Low German, and Icelandic, was found in a monastery in Denmark.



Just opening the first page, in the fourth recipe the author explains how to make almond milk, introduction to other recipes with plant milks that he names later.

In **Germany**, the manuscript "*Das Buch von guter Speise*" (1350) also certifies the importance of plant milks in the kitchen.



TIGERNUT MILK STREET CART IN VALENCIA (SPAIN), YEAR 1870



TIGERNUT MILK STREET CART IN VALENCIA (SPAIN), 2019



The **Arab Culture** (622 AD-1492 AD), at that time when in Europe we were mired in ignorance and inquisition, not only led the arts, science, medicine, agriculture... but also "*Istahlaba*."

"*Istahlaba*" means in ancient Arabic something like "to make milk" or "to milk", and could apply to any nut or seed as explained by the teacher Charles Perry, author of "*History of Arab cookery*".

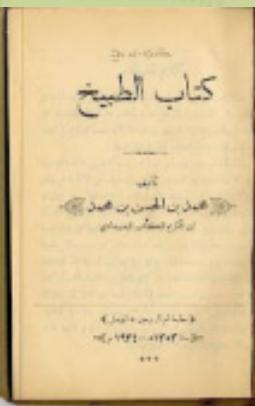
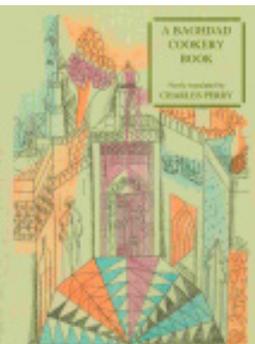
In ancient Arabic manuscripts such as "*Kitab al-Tabikh*" (10th century) of Baghdad ("Book of the Dishes"), or the "*Anonymous Al-Andalus Cookbook*", (13th century), plant milks were also a constant in the arab kitchen.

MODERN AGE

In the Modern Age (1492-1940) in **northern Europe** humble people made plant milks with seeds of local trees such as walnut (walnut milk) or chestnut (chestnut milk), while the nobility ate elaborate dishes made with the most expensive almond milk using almonds imported from the Mediterranean.

In areas of **Spain**, peanut milk (Zaragoza), pumpkin seed milk (Murcia), and almond milk (Balearic Islands and Alicante), were popular drinks that each family made at home for own consumption or to sell on a small scale.

During the sixteenth century and until the middle of the s. XX tiger nut seeds were sold in any town in Spain, and the "horchata de chufas" (tigernut milk) was so trendy that it was drunk from Madrid, through Barcelona, to its birthplace in Valencia.



As **Terence Scully** explains, among other authors, in Europe plant milks have been very common for several reasons:

- ✓ in past centuries Europe was a huge millenary forest. Collecting wild nuts was an activity available to everyone;
- ✓ nuts and other seeds could be stored at home for years so you could make "milk" with them whenever you needed it;
- ✓ the plant milk could be drunk, or mainly be used to cook replacing the most expensive oils and fats ;
- ✓ the milk of animal origin became sour right away (there were no fridges), it was a transmitter of diseases, and it was not always accessible;
- ✓ during Lent it was forbidden to eat products of animal origin and vegan milks were a popular alternative.

In **ASIA**, Domingo F. Navarrete (1704), a missionary in China, is the first European to confirm the existence of soy milk in his book "A collection of voyages and travels". Also Juan de Loureiro, Portuguese Jesuit in his book "The Flora of Cochin China" (source: www.soyinfocenter.com)

If we travel to **NORTH AMERICA**, in 1899, **our heroine Almeda Lambert** of Battle Creek, Michigan, adventurous, vegetarian, and pious, in her book "Guide for Nut Cookery", describes how to make all kinds of vegan milks from peanuts, almonds, tiger nuts, cashews, pine nuts, coconut... and how to recycle their pulps.

Ms Lambert explains how "missionaries arriving from" Indian lands "tell how aborigines are capable of grinding seeds and nuts, and of emulsifying them with effective, albeit rude tools."

In **South America**, vegan milks are very common under the name of "horchata" because of Spanish influence, although in pre-Columbian times they had to have their own indigenous names

because many of these milks are of native origin. They have plant milks made from almonds, rice, sesame, etc...

In conclusion, for millennia vegan milks were made at home with nuts and wild seeds that families collected. **Nowadays**, same as happens with "junk or precooked food", plant milks have also been colonized by their industrial packaged version. However, thanks to the "cloths" of all life and to the XXI century cheesecloth (Vegan Milker), little by little **people we are encouraged to make "plant milks" at home reconnecting with our ancestral roots while we live in a more sustainable way.**



Almeda Lambert

We are going to give you some reasons to make your own "vegan milks":

- ✓ it takes less to make a natural plant milk at home than going to a supermarket to buy the industrial version;
- ✓ it is significantly more nutritious;
- ✓ it is much cheaper;
- ✓ you control what you eat because you make it with the seeds you choose;
- ✓ you do not generate garbage, packaging litter, and consume less energy.
- ✓ you do not collaborate with the big corporation multinationals that are devastating the planet.

COLLAGE OF SOUTH AMERICAN HORCHATAS

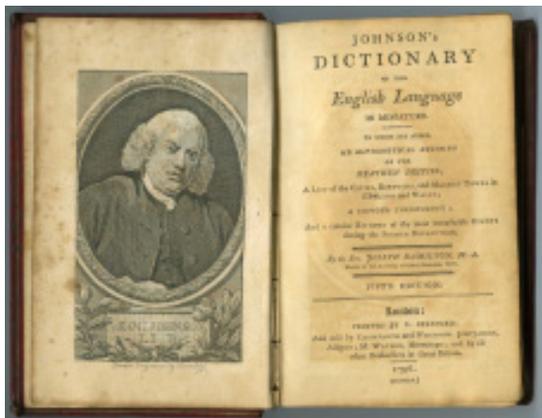


OUTLAWING OF PLANT MILKS

The European Community has forbidden the use of the word “milk” to name “plant milks”, only milks from animals can be named “milk” (Council Regulation EU 1308/2013).

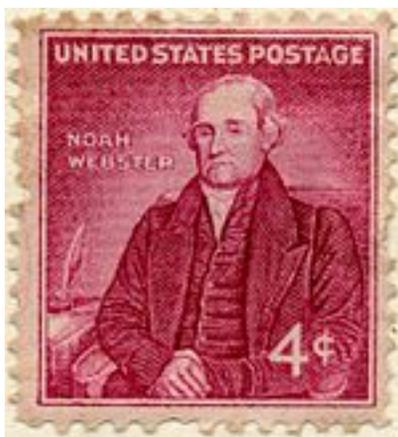
They say that the term “plant milk” confuses consumers.

Is it fair this illegalization or outlawing of the term “plant milk” in Europe ?



Let 's see what the dictionaries say

English dictionaries often use **Samuel Johnson** (1709-1784) as a reference. In his “*A dictionary of the English language*” he concludes that “milk” is “*the mammary secretion of the female mammal*”, but also that “*there are some plants that produce milk when you cut them*” mentioning “almond milk” and “pistachio milk” as examples.



Noah Webster (1758-1843), the “father” of the American-English dictionaries, in his “*An American Dictionary of English Language*” also includes these definitions for the term “milk”:

<<White juice found in some plants>>

<<The emulsion of bruising seeds; as with almond milk... coconut milk>>

Actually, the **Oxford English Dictionary** and the **Cambridge English Dictionary**, in their second definition of the term “milk” say:

<<White juice from some plants such as coconut milk>>

Similar definitions we can find at the official dictionaries of other languages such as German, Spanish, and many more.

Let's have a look at what History says to better understand why 300 years ago Noah Webster and Samuel Johnson said that milk has two origins; animal and vegetable.

Since at least 1000 years ago, “plant milks” have been key products in medicine and cooking in many cultures and continents. Ancient manuscripts describe plant milks **literally as “milk”** (“*lacte*” in latin, “*milch*” in german, “*mylke*” in old english, “*laict*” in old french, or “*leche*” in spanish. Read the chapter before).

So if both Language and History use the term “milk” to talk about the milk obtained from seeds, **what is the basis and criteria of the European Community to forbid the term “plant milk”?**

“Plant milks” are forbidden because of the pressure placed on the parliament of Brussels by the dairy industry lobbyists who camp out on their doorstep. Pure economic interests are the reason of the prohibition of the term “plant milk” against what the language and the history show us.

In America and other continents there has been no problem (until now) to label a vegan milk as “soy milk” or “almond milk” while in Europe they must be advertised using euphemisms as “soy drink” or “almond beverage”. However, the strong dairy lobbyists of the north american “National Milk Producers Federation” (NMPF) have asked the “Food and Drugs Administration” (FDA) to forbid the use of the term “plant milk”.

And unfortunately, it seems that in 2019 they are just about to achieve it.

We presented an official request to the European Parliament asking them to please respect history, language and social mindset legally allowing to use the term “plant milk”. You can read it at www.plantmilk.org.

At this point, they still did not answer.



COMPARATIVE SCIENTIFIC STUDY BETWEEN INDUSTRIAL AND NATURAL PLANT MILKS



Homemade or Natural* Vegan Milks have flavors, textures and nutritional values that are very different from their industrial version (either organic or conventional). Due to their high percentage of micro and macro nutrients all type of homemade vegan milks are very sensitive to heat so must be kept in the fridge and their average life is 3 to 5 days.

On the other hand, **Industrial Packaged Vegan Milks** go through heat treatments (pasteurization process) in which many of the nutrients are eliminated so that it can last for two years at room temperature.

Surprisingly, when trying to understand the chemical-nutritional differences between natural* (or homemade) and industrial plant milks, there is not a single rigorous study in this regard. In fact, **most blogs on nutrition** and healthy eating do not even differentiate between the industrial version and the natural* version of vegan milks.

This has led to the fact that a **majority of consumers** of plant milks believe that the packaged industrial version (pasteurized or ultra pasteurized) are very healthy with same properties as the natural* version.

And it is partly because of this that **they pay a very high price for them.**

Given this lack of information, in 2015 we contacted the Chemistry and Food Technology University of Prague, the most important scientific center in Spain, the CSIC (*National Center for Scientific Research*), and the Faculty of Pharmacy of Valencia requesting their collaboration to understand the **chemical & nutritional differences between both types of plant milks**: natural/homemade vs. pasteurized/ packaged. The results of the scientific research held for almost two years has been published in the prestigious tier 1 scientific magazine "Journal of Chromatography A" and it highlights how **heat treatments radically affect the nutritional quality** of the plant milk. For example, vitamins, amino acids and phospholipids, among other **nutrients, practically disappear** in the industrial version, while in homemade vegetable milk, they remain intact.

To be more precise, **homemade plant milks** (in this study were made using the Vegan Milker) **have 5 times more nutrients than** packaged industrial plant milks.

*According to European legislation "natural" is the product that has not been subjected to any heat treatment (that is what we call "Raw" today).

PLANT MILKS FOR BABIES AND CHILDREN?

Mothers around the world often ask us this question.

For thousands of years the "midwives" (women who helped other women to give birth at home) cried out that "*the first thing always the tit*", the irreplaceable breastfeeding.

In the same way, the FAO (United Nations Food and Agriculture Organization), same as the world's leading pediatric associations insist that **children between 0 and 3 years old should be fed from breast milk**, which is why breastfeeding in public without being called attention or being fined is an inalienable right of every mother.

If the mother can not breastfeed for whatever reason, there is the advisable alternative of using a Maternal Milk Bank or a wet nurse.

Regarding **mothers, both during pregnancy and after giving birth, drinking homemade plant milks helps them** to increase the quality and quantity of breast milk production, and to strengthen their defenses and the formation of the fetus, among other virtues.

Once the baby is 3 years old, the alternatives are to supplement or substitute breast milk with other milks such as cow milk which is the main cause of "*allergy to dairy proteins*", one of the most common and severe allergies in children throughout the world.

The other alternative is natural food, one of whose alternatives are **homemade natural vegan milks made from organic seeds**, ideally complemented with vegetables, fruits and/ or herbs that can be easily emulsified or mixed in the same homemade plant milk.

Formerly, in areas of the Mediterranean, plant milks such as almond milk, pistachio milk or tigernut milk were often used by midwives to feed young children.



Children drinking horchata
(tigernut milk)

BASIC CONCEPTS



Vegan Milker is a kitchen tool exclusively designed to make plant milks. It consist of 4 spare parts:
 ① a container
 ② a filtering glass
 ③ a mortar ④ a lid

What is a homemade plant milk?

A "plant milk" is the creamy, white-ish liquid that we get from the emulsion and filtering of seeds (nuts, cereals, seeds, legumes, etc.) with water that can be seasoned with an infinity of herbs, fruits, spices and / or sweeteners.

What do we mean by seeds?

By seeds we understand nuts (almonds, hazelnuts, pistachios, macadamia nuts, etc), grains (rice, rye, oats, spelled, etc), pseudo-cereals (amaranth, quinoa, etc), small seeds (sesame, hemp, birdseeds, sunflower seeds, etc,) legumes (soy, peanut, etc) and herbaceous rhizomes (such as tiger nuts)

What seeds should I use?

We can make milk of almost any seed. The seed can be used peeled, raw or in flakes (in the case of cereals), or also toasted (in the case of sesame, hazelnut, almond...).

Mixture of seeds:

Do not be afraid to mix different seeds when making your vegan milk in order to improve the texture, the taste and to adapt its nutritional properties to your needs

Soaking the seeds:

As a general rule, raw **seeds with skin are soaked** so that they can hydrate and activate. This is the case of whole grain rice, soybeans, almonds, hemp seed..

However, there are many **seeds that** due to their oleaginous characteristic **can be used directly** without previous soaking, such as peanuts, pistachio, all types of walnuts, cashew, pumpkin or sunflower peeled seeds, etc.

In some cases, such as soybean seed or raw cereal seeds, the seed is **soaked and** once the vegan milk is obtained it is **briefly cooked** to make it more digestible, creamy and tasty.

In the table of ingredients (chapter 6.2) you will find the recommendations for each seed in more detail.

Can I add flavor enhancers to my plant milk?

There are many options when it comes to flavor or nutritionally complement our plant milk using herbs, spices, seaweeds, etc. With the objective of preserving plant milks better they have traditionally been mixed with a little salt and/or sugar. Sometimes they are also flavored with lemon or orange peel, and cinnamon or vanilla. But the options are endless, you have some recommendations in the next chapter. See table of flavorings. (chapter 6.2).

Forms of preparation:

Formerly, first the seed was ground, then it was mixed with water and then it was filtered with a cloth.

Nowadays seeds are crushed in a "blender" and filtered with a cheesecloth, processed with certain kitchen robots, or with the Vegan Milker, popularly known as "the cheesecloth of the 21st century".

If you want to **better understand the differences** between the different machines and utensils on the market to make vegan milks, check the graphic on page 18 and do not miss the article "*Comparison between tools to make vegan milks*" in our blog www.plantmilk.org.

Which hand-blender is the best for Vegan Milker?

Vegan Milker is designed to be combined with any domestic hand mixer regardless the brand. It is convenient that the power is minimally of 250W and ideally superior to 350W to grind the seed without forcing the motor.

Conservation of natural plant milks:

The "life" of a homemade vegan milk depends mainly on 3 factors: the quality of the seed we have used, the quality of the water, and mainly, the storage temperature. The homemade milk has to be kept in the fridge always. The colder the refrigerator is, the longer will be the expiration date of your homemade plant milk.

This table shows the approximate correlation between cold and conservation:

Temperature	+50°F (10°C)	39°F (4°C)	37°F (3°C)	36°F (2°C)	32° F (0°C)
Days of conservation	Hours	3 days	5 days	7 days	10 days

After resting the milk has settled or stratified... is it normal? Some vegan milks and juices can stratify or leave a deposit on the base when they rest from one day to the next.

These are natural processes and the only thing that we must do is to remove the container until homogenizing the product before consuming it.

COMPARATIVE BETWEEN COOKWARE TO MAKE PLANT MILKS

EFFICIENCY

EXCELLENT

OPTIMAL

MEDIUM

LOW

MODEL

	Grinding	Filtering	Pulp pressing	Versatility ¹	Visibility ⁵	Time required	Simplicity	Cleaning	Energetic efficiency
Cheesecloth + blender	OPTIMAL	LOW 2	MEDIUM 2	MEDIUM	EXCELLENT	MEDIUM	MEDIUM	MEDIUM	OPTIMAL
Vegan Milker + hand blender	OPTIMAL	EXCELLENT	EXCELLENT	EXCELLENT	EXCELLENT	EXCELLENT	OPTIMAL	EXCELLENT	LOW 3
Thermomix ⁴	OPTIMAL	LOW	LOW	MEDIUM	LOW	OPTIMAL	OPTIMAL	OPTIMAL	OPTIMAL
Vitamix ⁴	EXCELLENT	LOW	LOW	MEDIUM	EXCELLENT	OPTIMAL	OPTIMAL	OPTIMAL	OPTIMAL
Soyabella & Others	MEDIUM	LOW	LOW	MEDIUM	LOW	MEDIUM	OPTIMAL	OPTIMAL	LOW
Nutribullet & Others	OPTIMAL	MEDIUM	MEDIUM	MEDIUM	EXCELLENT	OPTIMAL	MEDIUM	OPTIMAL	OPTIMAL
Blender & Filter	OPTIMAL	MEDIUM	MEDIUM	MEDIUM	EXCELLENT	OPTIMAL	MEDIUM	OPTIMAL	OPTIMAL
Slow Juicer	LOW	LOW	LOW	LOW	MEDIUM	LOW	OPTIMAL	MEDIUM	OPTIMAL

Attention: Comparative made based on the suitability of these machines to process seeds in vegan milks and not to process other types of foods or raw materials.

1 Versatility of the machine in order to be able to process any type of seed into vegan milks.

2 The filtering depends on the physical strength and ability skills of each person.

3 Hand blenders are the machines that consume the least wattage.

4 VitaMix and Thermomix are excellent machines and perfect complement of the Vegan Milker because in them we can grind any seed to after filter our plant milk with the Vegan Milker.

5 Possibility to watch the plant milk transformation process.

What type of water is used?

Water is one of the basic ingredients for the production of plant milks. Best option is spring water but failing to find that we recommend filtered tap water. Teas, pennyroyal or any type of infusions can also be used instead of water, thus improving their nutritional or medicinal quality.

I do not like the result, what can I do?

Just like when we cook any sauce when we make plant milks we can adjust the ingredients. If after tasting your plant milk you think that it needs more flavoring or more creaminess ... do not hesitate, put the filter again, add what you feel is missing and blend again. Make the vegan milk tasty to your liking.

Second extraction. Do you want to get half a litre of milk more?

Pour the litre you just made into a jar. Take the Vegan Milker filtering glass with the same leftover pulp from the first litre that you just made and fit it again at the Vegan Milker container. Add half a litre of water and blend. You will get extra half litre, lighter than the first litre that you made, but great to cook, or just mix it with the previous litre and let it rest in the fridge for some hours.

What can I do with the leftover pulp?

The leftover pulp can be used as a complement for yoghurts, salads, soups ... or you can also cook with them exquisite sauces, creams, veggie patés or use them in pastries or to make bread (See the “pulp recycling” section in chapters 6.3, 6.4, 6.5, 6.6 and 6.7)

If you do not want to cook at the given time another alternative is to freeze the pulp.

Can you cook with plant milks?

Plant milks can be mixed with coffee or an infusion, or you can cook with them (See chapter 6.10) Some of them can thicken with heat as it is the case with oat milk, rice milk or linen milk due to their high content in natural fiber and starch.

Plant milks can also be frozen to make popsicles or ice creams with them. You have some ideas in chapter 6.11 of this book.

TABLE OF INGREDIENTS

In these tables, we have put together the recommended measures to make a litre of homemade vegan milk. On one side, you'll find the essential ingredients, the seeds, whether they are nuts, cereals, legumes, etc, and on the other hand the natural flavorings that we can use to improve our milk in terms of taste, texture and nutrients. Nowadays we have a very extensive range of foods that can fulfill this function: all kinds of spices, aromatic herbs, roots, flowers, dates, dehydrated fruits, fresh fruit, vegetables...

We have chosen a short compilation of ingredients (with which we have worked more frequently our own plant milks) but the possibilities are practically unlimited.

The measures we propose are approximations that should be adapted to the tastes of each person.

With very aromatic substances (cinnamon, ginger, vanilla, cocoa, stevia, tea...) you have to start by putting a small amount, since in most cases, with the passing of hours these substances are overpowering the taste of the milk, risking that, by the second day they have invaded the flavors of the original seed.



With fresh fruit, dates, raisins, and vegetables... we also recommend to go fine-tuning from little quantities to bigger ones, however, the scope of action here is much greater. For example, for a litre of milk you can add at least one whole carrot, a whole apple, a banana, a peach... meanwhile with smaller pieces you can add more units, for example 3 dates, 12 strawberries, 25 grams of dehydrated fruit...

When coming to **sweeteners** the range of options is also very extensive. One spoonful of any type of syrup or organic sugar can be used for each litre that we make. However, today many people refrain from using sugar and prefer to sweeten the milk with dates, bananas or other ripe fruits that contain fructose.

ESSENTIAL INGREDIENTS

SEED	FORMAT	GRAMS PER litre	SOAKING	WATER TEMPERATURE	RECIPE MODEL*
Amaranth	Flakes	150	No	Hot	Flake Cereals
Almond	Raw or toasted	100-150	8 hours	Natural	Nuts
	Ground / milled	100-150	No	Natural	Nuts
Birdseed	Raw grain	100	8 hours	Natural	Small seed
Rice	Raw Integral grain	40	No	Hot	Grain Cereals
	Raw White grain	40	No	Hot	Grain Cereals
	Semi-Integral grain	40	No	Hot	Grain Cereals
Hazelnut	Raw or toasted	100-150	8 hours	Natural	Nuts
	Ground / milled	100-150	No	Natural	Nuts
Oats	Flakes	50	No	Hot	Flake cereals
	Raw grain	40	No	Hot	Grain cereals
Peanut	Toasted peanut	100-150	No	Natural	Nuts
	Raw peanut	100-150	4-12 hours	Natural	Nuts
Chestnut	Roasted or cooked	150	8 hours	Natural	Nuts
Hemp	Raw grain	100	8 hours	Natural	Small seeds
Barley	Flakes	50	No	Hot	Flake cereals
	Raw grain	40	No	Hot	Grain cereals
Rye	Raw grain	100	No	Hot	Grain cereals
Tiger nut	Raw grain	200	12-24 hours	Natural	Horchata (Tigernut milk)
	Ground / Milled	200	No	Natural	Nuts

SEED	FORMAT	GRAMS PER litre	SOAKING	WATER TEMPERATURE	RECIPE MODEL*
Coconut	Fresh	Whole	No	Hot	Nuts
	Dehydrated	150	No	Hot	Nuts
Spelt	Flakes	100	No	Hot	Flake Cereals
	Raw grain	40	No	Hot	Grain Cereals
Kamut	Flakes	100	No	Hot	Flake Cereals
	Raw grain	40	No	Hot	Grain Cereals
Flax	Raw grain	25-30	8 hours	Hot	Small Seeds**
Millet	Raw grain	200	6-10 hours	Hot	Grain Cereals
Wallnuts (all type)	Raw nut	100-150	No	Hot	Nuts
Pistachio	Raw or toasted	100-150	No	Natural	Nuts
Pumpkin seeds	Raw & Shelled	100	No	Warm	Small Seeds
Sunflower seeds	Raw & Shelled	100	No	Warm	Small Seeds
Quinoa	Raw grain	40	No	Hot	Grain Cereals
Sacha inchi	Raw or Toasted	100-150	No	Natural	Nuts
Sesame	Toasted	100-150	2-8 hours	Warm	Small Seeds
Soy	Raw (white bean)	70-100	8-12 hours	Natural	Soy
Durum wheat	Raw grain	40	No	Hot	Grain Cereals
Buckwheat	Raw grain	40	No	Hot	Grain Cereals

* The "*recipe model*" does not indicate the botanical family to which the seed belongs but the **elaboration method** to be used that you will find explained in the chapters with the recipes.

** In the chapter named "*Small Seeds Milk*" see the special section for flax milk and follow the indications given in it as an exception (see page 53)

COMPLEMENTARY INGREDIENTS & FLAVOURINGS

All the complementary ingredients or flavorings can be added inside the filter before making the milk. Some of them as non seeded fruits (i.e. banana) or vegs (i.e. carrot) could be also added straight to the vegan milk once it's done and just blend it without the filter.

For your health and that of the planet, try that the food you use is organic and local, and in cases such as cocoa, coffee, tiger nut or quinoa, among others, it is essential that they are fair trade certified.

COMPLEMENTARY INGREDIENTS*	FORMAT	QUANTITIES PER litre
SPICES & FLAVORINGS		
Carob	Powder	1 spoonful
Cocoa	Powder	1 spoonful
Cinnamon	Powder or branch	1 teaspoonful
Cardamom	Powder or seed	½ teaspoonful
Turmeric	Powder	1 spoonful
Ginger	Powder or root	1 teaspoonful
Nutmeg	Powder or seed	¼ teaspoonful
Lemon peel	Raw	3 cm x 1 cm
Orange peel	Raw	6 cm x 1 cm
Salt	Any type of salt	¼ teaspoonful
Vanilla	Vaina seca	2 cm

NATURAL SWEETENERS

Agave, maple, rice, pear, peach, etc	Syrup, molasses or jams	1 spoonful
Cane sugar	Not refined	1 o 2 spoonful
Goji Berries	Dried	From 5 to 10 units

COMPLEMENTARY INGREDIENTS*	FORMAT	QUANTITIES PER litre
Dates	Boneless fruit	From 2 to 6 units
Stevia	Dried herb	1 teaspoonful

AROMATIC AND//OR MEDICINAL HERBS

Mint	Dried herb	1-2 spoonful
	Dried herb	10 – 20 leaves
Nettle	Dried herb	1 spoonful
	Dried herb	10 leaves
Balm (Melissa)	Dried herb	2 spoonful
	Dried herb	20 leaves
Wild berries	Dried or raw berries	2 spoonful

VEGETABLES & GREENS

Chard	Fresh leaf	1 leave (small or medium size)
Spinach	Fresh leaf	3 leaves (small or medium size)
Beet	Fresh & chopped	¼ unit
Carrot	Fresh & chopped	1 unit

FRUITS

Banana	Frash & chopped	½ banana
Strawberries	Fresh & chopped	12 unit
Pineapple	Fresh & chopped	¼ unit
	Dehydrated	25 g

COMPLEMENTARY INGREDIENTS*	FORMAT	QUANTITIES PER litre
Mango	Fresh	½ unit
	Dehydrated	25 g
Apple	Fresh	1 unit
	Dehydrated	25 g
Peach	Fresh	1 unit
	Dehydrated	25 g

OTRAS OPCIONES

Seaweeds (Algae)**	Spirulina, etc.	1 spoonful
Aloe Vera	Fresh gel without peel	25 g
Flax	Seeds	1 teaspoonful soaked ½ hour
Macadamia walnuts	Seeds	4 walnuts
Sunflower or pumpkin seeds	Shelled seeds	1 spoonful
Sésamo tostado	Seeds	1 spoonful

* In the case of using dehydrated fruits or seaweeds, let them hydrate 10 minutes before blending.

** There are Algae such as spirulina that can be used directly while others require hydration, so we must understand what is the best way to use that seaweed and apply it to the ChufaMix.

For your health and that of the planet, try to make the food you use organic and local.



NUT MILKS

Nuts are large seeds and very easy to squeeze. Although at first sight they seem hard, nuts are seeds with a large amount of unsaturated fats what allows them to be easily broken and to produce a creamy and tasty milk.

There is information about nut milks since ancient times in Asia, Africa, America, Ancient Greece, Rome, Persian and Arab Empires, until the Middle Ages and the modern age in Europe.

From a nutritional point of view, nuts offer us a high energy and fiber intake. They are important source of vegetable protein and vitamins type E, C (antioxidants) and B (folic acid) that help reduce fatigue, stress or premenstrual syndrome in women. Its mineral content is higher than that of other foods as they provide the body with magnesium, phosphorus, potassium, calcium, iron and trace elements, such as zinc and selenium. They also offer us a lot of healthy fats (unsaturated, oleic and linoleic and omega 3) that are involved in the regulation of cholesterol and improve cardiovascular health.

TYPE OF SEED: The nuts that we use to make plant milks can be peeled, unpeeled, roasted ... Based on the type of seed that we use our vegan milk will have a different flavor (roasted or toasted nuts produce for example a sweeter milk). There is also the option of using ground nuts (dry milled), for example with almonds or tiger nuts... in this case it is not necessary to soak it.

SEED SOAKING: We recommend to soak raw almonds and hazelnuts with skin, from 8 to 12 hours. In this time of soaking the seed will be activated and will become more digestive for our organism. The rest of nuts: all kinds of nuts, cashews, coconut, pistachios, chestnuts... no need to soak them.



Watch the video recipe & workshop at the Vegan Milker Youtube Channel



GENERIC "RECIPE MODEL"



Ingredients:

- 1 litre of water
- 100-150 g of whole, ground or chopped nuts (see ingredient chart on pages 22-23)
- A pinch of salt (optional)

Water temperature: room temperature water should be used.

Exception: Hot water should be used when making coconut milk (see page 32).

Directions:

1. Fill the ChufaMix container with 1 litre of water.
2. Place the filter in the container and add the nuts, a pinch of salt and a flavour enhancer of your choosing (optional).
3. Blend for 2 minutes with a hand blender (if using ground nuts, blending for 1 minute will be enough). Let it rest from 5 to 10 minutes.
4. Remove the filter and stir the pulp until the milk in the filter is halved.
5. Place the mortar in the filter and press the pulp gently to squeeze the remaining milk out of the pulp.
6. Let it rest in the fridge for at least 2 hours to enhance the flavour.



Almond milk with cinnamon, vanilla and dates

Follow the generic recipe model for nut milk, but also include among the ingredients 1 tablespoon of cinnamon, 1 vanilla pod and 3 pitted dates. Lemon peel can be added as well.

Almond milk with pear and cinnamon

Add 1 pear and 1 tablespoon of cinnamon in the filter and blend.

We recommend using any seasonal fruit and, whenever possible, locally and organically produced fruit.

When including fruit among the ingredients, it should be done sparingly in order to prevent filter obstruction. Alternatively, make the milk, remove the filter after use, add the desired amount of fruit in the container and blend all together (read thoroughly the section on fruit smoothies in chapter “Juices and smoothies” on pages 71-76).

Cashew milk with spirulina seaweed

Follow the recipe for nut drinks, but include among the ingredients 1 tablespoon of dehydrated spirulina.

Nut drink with cocoa and orange

Add 1 tablespoon of cocoa powder, 1 tablespoon of syrup² and orange zest/peel together with the other ingredients and blend.

"After Eight" drink

Add 150g of peanuts, 1 tablespoon of cocoa powder, sweetener^{*} to taste and either 3 tablespoons of dried mint or 6 tablespoons of fresh mint.

^{*} For all recipes which call for the use of syrup, any syrup can be used e.g. Agave syrup, maple syrup, honey, golden syrup etc.



NUT MILK
& COCOA

Nut and cereal milk

Use 50g of nuts and 50g of your cereal e.g. spelt, oat etc.

In this case, make the drink with hot water (80°C) in order to extract most of the flavour.

Macadamia and pine nut milk with peach

Place 80 g of macadamia nuts and 20 g of pine nuts together with 1 ripe peach in the filter and blend. Alternatively, once the milk is made, remove the filter, add the peach and blend in order to get a thicker and chunky texture

COCONUT MILK



THE EXCEPTION

COCONUT MILK

Seed type: both fresh and desiccated/flaked coconut can be used.

Water temperature: due to the large amount of saturated fat that coconut contains, we recommend always using hot water. If using cold water, saturated fat solidifies, which makes the filtration process difficult.

Hot water can be used safely, since the Vegan Milker is free of any toxic plastics. It contains neither BPA (Bisphenol A), nor Bakelite, nor PVC (Polyvinyl Chloride).

The use of hot water enhances the flavour, when used for making coconut milk. In South America, where this drink is traditional from, they usually add a pinch of salt and 1 tablespoon of sugar.

Ingredients:

- 1 litre of hot water (80°C)
- 1 whole coconut or 150g - 200g of desiccated or flaked coconut

Directions:

1. Split the coconut in two halves, remove the flesh and chop it.
2. Save the coconut water that comes inside the coconut to consume separately.
3. Fill the Vegan Milker container with 1 litre of hot water (80°C) and insert the filter after placing one third of the coconut inside it.
4. Let it rest for 1 minute and blend.
5. Gradually add the rest of the coconut flesh so that it does not mount up in the filter and so it can be blended easily.
6. If not to be drunk immediately, store the coconut milk in the fridge and let it rest. Within a few hours, as the flavour develops, it will be much tastier.



Watch the video recipe at the Vegan Milker Youtube Channel:

http://bit.ly/leche_coco

When letting it rest in the fridge, coconut fat solidifies at the top of the drink, which can be removed to use it as coconut butter or oil. Alternatively, the drink can be heated up before drinking in order for the fat to dilute again.

The remaining pulp can be stored in the fridge to be added to yoghurt or any other food. It is ideal as a baking ingredient.

Coconut milk is widely used to make delicious tropical dishes. Recipes using coconut milk can be found in chapter “Using plant drinks for cooking” on page 87.



SALAD WITH A NUT PULP TOPPING

REUSING THE PULP

As with the milk, the remaining nut pulp should also be stored in the fridge. If the pulp will not be used within a short period of time, it can also be frozen. Below you will find some suggestions on how to use it:

Topping on cold meals: nut pulp makes a perfect topping on salads, granola or yoghurt.

Topping on hot meals: nut pulp is also delicious as a topping for pasta, soup, or as decoration on a sponge cake.

Vegetable and nut spread: mix the nut pulp with an avocado and or some olives to increase its volume. Then, add chopped garlic and parsley (or celery, basil, coriander, etc.), the juice of half a lemon, oil and salt. In order to give it a thicker texture, add 1 tablespoon of brewer's yeast or tahini (sesame seed paste).

VEGETABLE AND NUT SPREAD



Blend all together using a hand blender, store in the fridge and let it rest for at least 2 hours. Serve as a pâté or hummus for spreading on bread, toasts, arepas or as a dip for crudités (raw vegetables).

Almond and coconut truffles: add 3 tablespoons of organic whole cane sugar and 2 teaspoons of brandy to the almond pulp and stir thoroughly. Add desiccated coconut until you can handle the dough with your hands. Shape small balls out of the dough, coat them with cocoa powder and store in the fridge.

Chocolate spread: add 2 - 3 tablespoons of cacao powder to the pulp and stir thoroughly. Add 1 tablespoon of syrup or olive oil and stir again until achieving a creamy texture similar to a homemade Nutella chocolate spread. Adjust the ingredients to taste.

Nut and sultana cake: Preheat the oven to 180°C. In a bowl, mix 200g of organic wholemeal flour, 1 tablespoon of vanilla extract and a pinch of salt. Add 1 tablespoon of yeast to the mix and stir thoroughly. Then mix in the following ingredients: 100g of organic whole cane sugar, 150ml of almond milk (or any other nut milk), 150g of nut pulp, 3 vegan eggs (see page 68), 8 tablespoons of extra virgin olive oil and 100g of sultanas. If the dough is too liquid, add more flour and stir thoroughly. Place the dough in greased and lined a cake tin, and put in the oven. Bake for 25 minutes.

Nut and coconut cookies: Preheat the oven to 180°C. Mix 150g of nut pulp with 200g of desiccated coconut. Gradually add organic wholemeal flour until you achieve a non-sticky cookie dough. Then, add 1 tablespoon of cinnamon, 1 tablespoon of cacao powder, 1 tablespoon of yeast and 2 tablespoons of syrup (of your choice) and stir thoroughly. Bake for 20 minutes.

CEREAL MILKS



Cereals have been the main source of nourishment for human beings since ancient times.

Just as nuts provide energy due to their fat content, cereals provide energy due to their carbohydrate content (mainly starch).

If we eat whole grain cereals, that is, the entire seeds with their husks, they will also provide plenty of fibre, vitamins E (antioxidant) and B (nervous system regulator), essential minerals like iron, calcium and magnesium, as well as potassium (rice), sodium, phosphorus, copper, zinc and manganese.

Although they do not have the essential amino acids which hemp, soya beans and goji berries contain, cereals are a high source of protein, especially oat and wheat.

The best choice is to vary and mix the cereals used in order to obtain all types of nutrients, as well as using ancient cereals such as spelt, kamut or certain varieties of oat and rice.

Cereal type: both raw whole grains and cereal flakes can be used. We will explain how to make milk using each of them.



Watch the video recipe on the Vegan Milker Youtube Channel: bit.ly/leche_avena_copos



CEREAL MILKS FROM FLAKES

Flaked cereal such as oats or barley **do not need to be soaked**, they can be used directly.



Ingredients:

- 1 litre of hot water (60-80°C)
- 100g of cereal flakes (50 g if using oat or barley)*
- Pinch of salt.

Water temperature: Hot (60-80°C). In order to know the right water temperature without using a thermometer, either use water that is about to boil or bring water to boiling point, remove from heat and let it rest from 3 to 5 minutes.

DIRECTIONS

1. Fill the Vegan Milker container with 1 litre of hot water.
2. Place the filter in the container and add the ingredients as well as any flavour enhancer of your choosing. Blend for 1 short minute and let it rest from 5 to 10 minutes.
3. Remove the filter and press the pulp gently with the mortar to filter the remaining milk.
4. If not to be drunk immediately, store the coconut milk in the fridge and let it rest. Within a few hours, as the flavour develops, it will be much tastier.



* Oat and barley are high in fibre (mucilage), which is a natural thickener. In order for the oat or barley milk to achieve the right texture, only 50g of flakes per litre of water should be used. If using a larger amount, the milk may obtain an extremely sticky texture.

CEREAL MILKS FROM RAW GRAIN



RICE MILK



There are many ways to make milk from raw grains such as rice. We have chosen as a generic recipe the one which we have found results in a creamy, sweet milk and which is also suitable for sensitive stomachs.

Soaking: Grains such as rice, do not need to be soaked, but they should be washed thoroughly prior to using.

INGREDIENTS

- 1 litre of hot water (80°C)
- 40g of raw grain e.g. rice
- Pinch of salt

Water temperature:

Hot water (approx. 80°C). In order to know the right water temperature without using a thermometer, either use water that is about to boil or bring water to boiling point, remove from heat and let it rest from 3 to 5 minutes.

DIRECTIONS

1. In order to make milk from raw grains, start by filling the Vegan Milker container with $\frac{1}{2}$ litre of hot water.
2. Then, place the filter in the container and add the ingredients as well as any flavour enhancer of your choice. Hand blend for 2 minutes until the grains are fully grinded.
3. Add the remaining $\frac{1}{2}$ litre of water (either hot or at room temperature, it does not matter) and blend for a further 10 seconds in order to homogenise the drink.
4. Remove the filter and press the pulp gently with the mortar to filter out the remaining milk.
5. Pour the milk in a saucepan and cook over low heat from 7 to 10 minutes, stirring occasionally. If not to be drunk immediately, leave the milk to cool and store it in the fridge.



Uncooked grain milk (alternative) recipe: in this case, 100g of raw grains can be used. The grains need to be soaked in water overnight or for 8 - 12 hours and follow the recipe above omitting step 5. Store in the fridge and stir well before drinking.

Careful! Cereal milk made by following the generic recipe achieves a creamy texture and neither settles after letting to rest nor changes its texture after heating. However, when following the uncooked grain milk recipe, the milk settles after storing it in the fridge, therefore it needs to be stirred well before consumption. If heating the uncooked grain milk in a saucepan, stir constantly on a medium heat to remove lumps to ensure that it does not achieve an excessively thickened texture and end up turning into custard.



CEREAL MILK FROM FLAKES

VARIANTS

Rice* milk with cinnamon and lemon

Place 1 tablespoon of cinnamon, lemon zest or peel and a bit of sweetener (optional) in the filter together with the rest of ingredients and hand blend together. This is a Mediterranean traditional recipe which is greatly enjoyed in Spain, France and Italy and gives excellent results with any grains, either whole grain or flakes.

Rice milk with nuts and spices

Add 50g of almonds, 1 tablespoon of cinnamon, ½ teaspoon of ginger, ¼ teaspoon of nutmeg, ¼ teaspoon of cardamom and 3 pitted dates. The flavour of this milk is that of typical Scandinavian confectionery.

Rice milk with hazelnuts

Add a handful of hazelnuts to rice milk. A classic combination.

Oat milk with almonds and ginger

Place a bit of ginger root and a handful of almonds in the filter together with 50g of oat. A real treat!

Barley milk with cocoa and sesame

Add 1 tablespoon of sesame, 2 tablespoons of cocoa powder and 1 tablespoon of syrup to the barley milk and blend. A perfect chocolate milkshake! Sesame is an ideal ingredient for increasing the amount of calcium and iron in any cereal grain milk.

Spelt milk with vanilla and dates

A piece of vanilla pod (2 cm) and 3 dates add a delicious touch to any plant drink: but tastes amazing in spelt milk.

* All rice milk recipes are gluten free.

OAT MILK INFUSED
WITH MIXED BERRIES



Oat milk infused with mixed berries

Replace the 1 litre of water used to make oat milk with 1 litre of berry infusion. To make the berry infusion, add 2 tablespoons of mixed berries and 1-2 tablespoons of lemon balm, or camomile to 1 litre of water. Bring water to the boil and steep (let soak) for 10-20 minutes covered. Drain herbs and berries and use the berry infusion to make oat milk.

Kamut milk with chai

Replace water with 1 litre of masala chai infusion when making Kamut milk. To make the infusion, bring 1 litre of water to the boil. Add 2 tablespoons of masala chai to the water, cover and steep (let soak) for 10-20 minutes. Drain the herbs and use the litre of infusion to make Kamut milk (see generic recipe on pg 40).

REUSING THE PULP

Cereal pancakes or taco tortillas In order to make oat pancakes, use the remaining pulp from 50g of oat flakes and add 50g of whole wheat flour. If using spelt, use 100g of organic whole wheat flour for every 100g of spelt flakes. Mix it all together and knead thoroughly with your hands. If the dough is sticky, add more flour. Once the dough achieves the right texture and you can handle it with your hands, shape it into a ball and flatten it with your fist so that it looks like a hamburger. Roll it out with a rolling pin as if to make a pizza crust (coat slightly the rolling dip in flour so it rolls smoother). Heat a little olive oil in a frying pan and cook the pancake until both sides are golden brown (5 minutes will be enough). If you prefer to use it as a taco tortilla to be filled with vegetables or anything sweet, shape the dough like a taco when still warm, since it breaks easily when cold.

Bechamel sauce with raw rice pulp Stir-fry seasonal vegetables in a frying pan with a little olive oil. When they are tender, add 1 glass of either broth or water, a pinch of salt and stir thoroughly. Then, add the remaining pulp from making rice milk and the spices of your choice (turmeric, curry, pepper, etc). Stir over a low heat for at least 5 minutes until achieving the desired texture. If the sauce becomes too thick, add more broth or water. This bechamel sauce can be used with pasta or to make croquettes.

CHICKPEA HUMMUS



GUACAMOLE



Chickpea hummus with cereal pulp

Soak 100g of dried chickpeas for 24 hours. Drain them and place them in a blender together with 2 chopped garlic cloves, the juice of a small lemon, 2 tablespoons of cumin, a pinch of salt, 2 tablespoons of olive oil, 1 tablespoon of tahini (optional) and the leftover pulp from making cereal milk (oat, kamut, spelt, etc.). Blend all together and store in the fridge in order for it to settle. Serve with a bit of paprika on top.

Guacamole with cereal pulp

Mix all of the pulp, leftover from making cereal milk (oat, kamut, spelt, etc.) with avocado, garlic, onion, tomatoes (without juice), lemon, olive oil and salt. You will obtain a lighter, but delicious and highly nourishing dish.

Oat cookies

Preheat oven to 180°C. Fill a 250ml mug with the leftover pulp from making cereal milk (oat, spelt, or kamut, etc.). If there is not enough pulp to fill the mug to the brim, top up with oats (or any other cereal). Empty the mug contents into a bowl and add the following ingredients: 1 cup of wholegrain flour, 1 tablespoon of cinnamon, 1 tablespoon of ginger, ½ tablespoon of nutmeg and 1 tablespoon of yeast. Mix well. Then add 6 tablespoons of syrup, ½ cup of oil and ¼ cup of any plant

OAT COOKIES



milk and either 100g of chocolate chips or 100g of raisins to taste. Mix well. Using a tablespoon, scoop up a spoonful of the mixture and drop onto a greased and lined baking tray. Bake for 15-20 minutes (180°). Store cookies in a glass jar.

CEREAL PORRIDGE



Cereal porridge

Over medium heat, warm up 1 glass of plant milk of your choice with 2 tablespoons of oat flakes, the pulp from making cereal flake milk and a little bit of either cinnamon, vanilla or cocoa powder and heat for 5 minutes. Then, place the mixture into a bowl and if necessary, add a natural sweetener of your choice (e.g. honey, stevia, maple syrup etc). In order for it to be a much more wholesome and delicious breakfast, the following ingredients can be added: raisins, chopped dates, goji berries, sunflower seeds or any seed to taste, a handful of nuts or chopped fruit (such as banana, apple or mixed berries). Any ingredient that you have at hand will do.

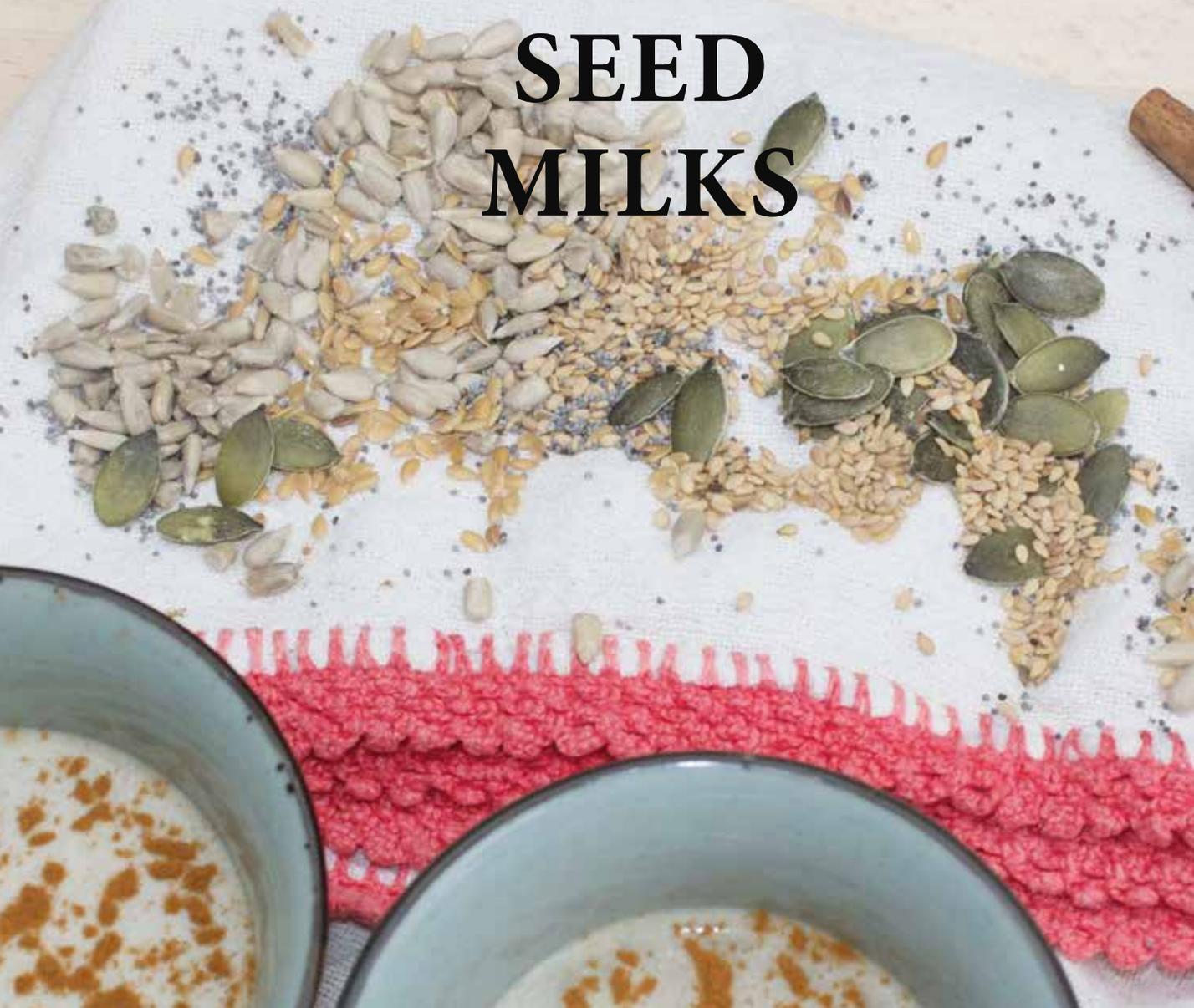
Oat face mask

Vegan Milker user, top model & yoga teacher Verónica Blume suggests applying the leftover pulp (from making oat milk) as a face mask.



For more cereal pulp recipes, read the section on reusing the pulp at:
www.plantmilk.org

SMALL SEED MILKS



Small seeds are those which have a similar size as cereals or are even smaller. They belong to different categories, such as pseudocereals, gramineae or cucurbits. Some examples of seeds are quinoa, hemp, sesame, canary seeds, sunflower seeds, etc.

Due to their small size, we need to use some trick/follow special directions to squeeze them out properly and making milk from them in a more easily and efficient way.

Each seed has its own nutritional properties, for example: quinoa stands out for its high protein content, canary seeds help with fat elimination and remove, reduce and may relieve the swelling of vital organs, such as the pancreas and liver. Hemp is rich in both vegetable proteins and fatty acids, specifically omegas 3 and 6. Sunflower seeds are rich in essential fatty acids and lecithin, and are also a powerful antioxidant. Therefore, if we analyse them closely, each one of them is a highly nutritional source within our reach.

Seed Type: Using the entire seed is preferred, except for both sunflower and pumpkin seeds, which must be used without their husk.

Soaking: Soak seeds for 8 hours.

Exception: sunflower seed, pumpkin seeds and quinoa do not need soaking before use.

GENERIC "RECIPE MODEL"

Ingredients:

- 1 litre of water
- 40g – 150g of seeds (see ingredient chart on pages 22-23)
- Pinch of salt

Water temperature:
see ingredient chart on pages 22-23 to check water temperature for each type of seed.



DIRECTIONS

1. In order to make milk from small seeds, start by filling the Vegan Milker container with $\frac{1}{2}$ litre of water (either hot or cold, depending on the type of seed). This way, seeds will be blended more efficiently while preventing the smaller ones to avoid the blender blades.
2. Place the filter in the container, add the ingredients as well as any flavour enhancer of your choice and hand blend together for 1 to 2 minutes. In case of struggle when blending the seeds, try again with blender on turbo mode.
3. Add the remaining $\frac{1}{2}$ litre of water (either hot or at room temperature, it does not matter, since seeds are already squeezed out) and blend for 10 seconds with the hand blender in order to homogenise the drink. Let it rest from 5 to 10 minutes.
4. Remove the filter and press the pulp gently with the mortar to filter the remaining seed milk drops.
5. If not to be drunk immediately, store the coconut milk in the fridge and let it rest. Within a few hours, as the flavour develops, it will be much tastier



Watch the video recipe at [The Vegan Milker Youtube Channel](#)

VARIANTS

QUINOA MILK



QUINOA milk with turmeric & cinnamon

After making quinoa milk, just as when making soy milk, it is advised to cook it over low heat for 10 minutes so it becomes easier to digest. While being heated, add 1 tablespoon of turmeric, 1 tablespoon of cinnamon and 1 tablespoon of any syrup and stir thoroughly. Careful, if the quinoa milk comes to the boil, it will thicken excessively. Use low heat and stir gently to avoid this. If the texture does become too thick, just add a bit of water to balance it out and stir. Let it cool and store in the fridge.

SESAME MILK



HEMP & ALOE VERA MILK

Place 25g of aloe vera gel (without leaf) and 1 tablespoon of any syrup (optional) in the filter when making the hemp milk.

Aloe vera gel is obtained directly from the plant by removing the peel that covers the leaves.

SESAME milk with VANILLA & DATES

Add 1 vanilla pod (around 2 cm) and 3 pitted dates to the rest of the ingredients in the filter when making sesame milk.

Canary seed milk

When drinking canary seed milk as a medicinal treatment to lose weight or to reduce swelling of the pancreas or liver, it is advised not to use any natural flavourings nor any herbs as they may interfere with its healing properties. Drink the milk, plain on an empty stomach for 10 days. For further information, ask your naturopathic doctor. Only use Canary Seeds for Human consumption.

Sunflower and pumpkin seed milk with dates and basil

Place in the filter 50g of sunflower seeds, 50g of pumpkin seeds, 2 pitted dates and a few basil leaves. Add 1 litre of water to container, secure the filter in place and hand blend contents of filter for 1 minute.

SUNFLOWER & PUMPKIN SEED MILK





FLAXSEED MILK

THE EXCEPTION

Flaxseed milk (aka linseed milk) with vanilla

Before making the milk, flaxseeds must be soaked overnight in a glass of water. The following day, drain and rinse thoroughly to remove the gel paste (mucilage) that will have formed overnight. Place them in the filter together with 1 teaspoon of vanilla powder (or a 3cm vanilla pod) and a pinch of salt. Blend to maximum speed for about 3 minutes. Filter and store the milk in the fridge. If it becomes too thick, add water to balance it out to taste.

REUSING THE PULP

Pulp from sunflower seeds, pumpkin seeds, sesame seeds, etc. are an ideal ingredient to be used in any recipe described above in the section on reusing nut pulp (pages 34-36).

However, pulp from both whole hemp and canary seeds are very hard for human beings to digest. It can be used as a natural fertiliser, can be put on the compost heap or can be used to feed hens or any other bird. It can also be dried in the oven to make exfoliating soap.

It is advised to cook quinoa pulp for a while before consuming, by using it in either a purée, a soup or cookie dough that will be baked later in the oven.



MUTABBAL (aubergine dip) with sunflower and pumpkin seed pulp

The pulp can also be used directly as an ingredient or topping in any salad, on yoghurt, soup, as a puree or on pasta.

Mutabbal with pulp from sunflower and pumpkin seeds

Mix the leftover pulp from making sunflower and pumpkin seed milk with the flesh of a roasted aubergine. Season it with the juice of half a lemon, 2 garlic cloves, 1 teaspoon of cumin, 3 tablespoons of extra virgin olive oil, 1 tablespoon of tahini and a pinch of salt. Blend all together with a hand blender until smooth and creamy and store in the fridge.

Small seed spread

The leftover pulp from making either sunflower and pumpkin seed milk or sesame seed milk can also be used to make a vegetable spread (check the vegetable spread recipe on page 34).

Quinoa and coconut energy bites

Set oven to medium heat. Mix in a bowl 50g of quinoa pulp, 200g of desiccated coconut and 6 chopped dates. Separately, blend 1 vegan egg (recipe on page 68). Add 2 tablespoons of olive oil, 1 tablespoon of syrup and 1 tablespoon of ginger to the vegan egg mixture and stir thoroughly. Mix all ingredients together and knead well until a dough is formed. Grease and line a baking sheet/tray. Using your hands, shape the mix into small pyramids and place them carefully on to the baking sheet and bake for 30 minutes. Let them cool until they are ready to eat.

Oat and sesame cookies

Heat oven to 180°C. Fill a 250ml mug with the leftover pulp from making cereal milk (oat, spelt, or kamut, etc.). If there is not enough pulp to fill the mug to the brim, top up with oats (or any other cereal). Empty the mug contents into a bowl and add the following ingredients:

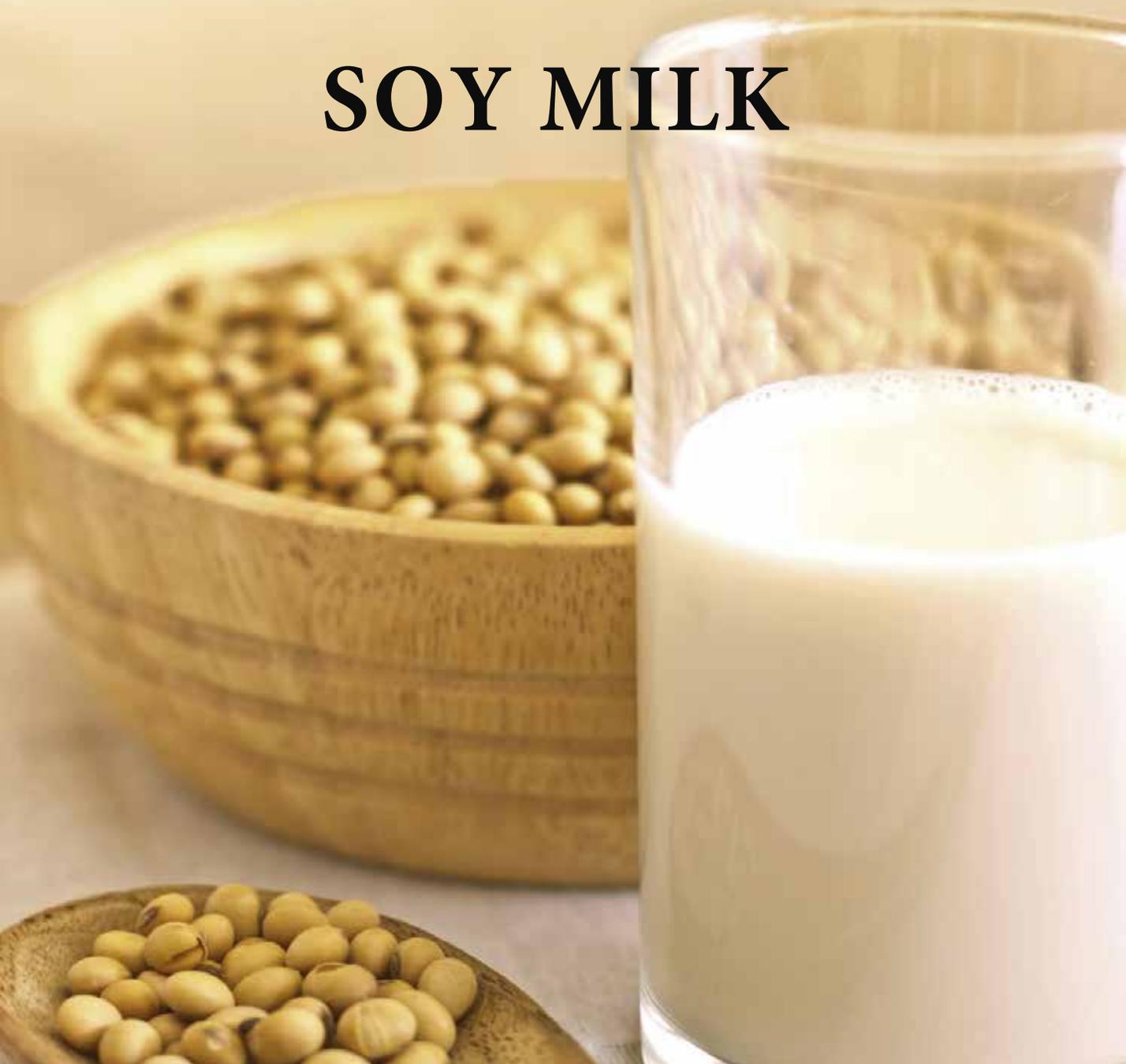
1 cup of wholegrain flour, 1 tablespoon of cinnamon, 1 tablespoon of ginger (or to taste), ½ tablespoon of nutmeg, 1 tablespoon of yeast, 6 tablespoons of syrup, ½ cup of oil and ¼ cup of plant milk. Mix the dry ingredients first and then the wet ones until achieving a homogeneous mixture. If desired, add 100g of raisins or chocolate chips to taste.

Mix well. Using a tablespoon, scoop up a spoonful of the mixture and drop onto a greased and lined baking tray. Bake for 15–20 minutes. Store cookies in a glass jar.



For more seed pulp recipes, read the section on reusing the pulp at:
www.plantmilk.org

SOY MILK



Although soy milk is used nowadays all over the world, it is a traditional drink from Asia, where its pulp (known as okara) is also highly appreciated. Soy pulp is used to make both imitation meat and tofu, due to its high protein content.

Soy milk is a significant dietary source of protein, since it contains the 8 essential amino acids which our body needs in order to be healthy and it is low in fat, containing comparably less calories than other plant milks. Soy milk is also high in lecithin, a substance that is beneficial for our nervous system and helps lower levels of LDL cholesterol. Furthermore, it is known for containing more iron than cow's milk and the same amount of vitamin E, with half the amount of fat and calories.

However, soy milk has a low calcium content. Consequently, it is advised to fortify it with natural calcium-rich foods (such as sesame seeds, nuts, seaweeds or green leafy vegetables) or alternate it with other plant drinks or calcium-rich foods.

Despite its benefits, daily consumption is not advised due to its high content in isoflavones, which act as phytoestrogens. We don't recommend making or consuming soy milk made with genetically modified soybeans (GMO). Where possible, always look for certified organic soybeans.

For further information about soy, we recommend reading the article "**The Yin Yang of Soy**" at www.plantmilk.org

Bean type: Raw white soybeans should be used. **Soaking:** Soak soy beans for 8 hours.



Watch the video recipe at the Vegan Milker Youtube Channel



GENERIC "MODEL RECIPE"



Ingredients:

- 1 litre of water
- 80g of organic soybeans⁵
- 1 tablespoon of sweetener (e.g. stevia, dates etc)
- Pinch of salt (optional)

Water temperature: room temperature water should be used.

DIRECTIONS:

1. Soak the soybeans overnight. Remove water on the following day.
2. Discard the soaking water and boil soya for an hour (with the lid on) or for 25 minutes if using a pressure cooking (in this case, you need to discard the soaking water too).
3. Fill the container with 1 litre of water. Place the filter in the container and add the soy beans, sweetener and salt in the filter.
4. Blend for 1 or 2 minutes with the hand blender.
5. Filter the milk with the aid of the mortar.
6. In order to enhance the absorption of nutrients, and to make the soy milk easier to digest, gently cook the milk in a saucepan over a low heat for 15 minutes.
7. Let it cool and store in the fridge. Soy milk has a longer shelf life than most other fresh plant milks, and, when kept in the fridge, it can last about a week.



In order to make the recipe easier and if you want to avoid the cooking process (step 5), the same amount of soy can be used (80g), but instead of raw soybeans, use either the pre-cooked or the textured type. In this case, soak the soy for only 15 minutes in the filter itself after filling it with water and then blend. However, soy milk made this way is not as tasty and it will not have the same creamy texture as that of boiled soy milk.

⁵ Do not use genetically modified soybeans, use always organically grown ones.



VARIANTS

Soy milk with cocoa and orange

Add 1 tablespoon of cocoa powder, 1 tablespoon of cinnamon, 1 tablespoon of syrup and some orange zest to the soy beans and blend.

Soy milk with vanilla and dates

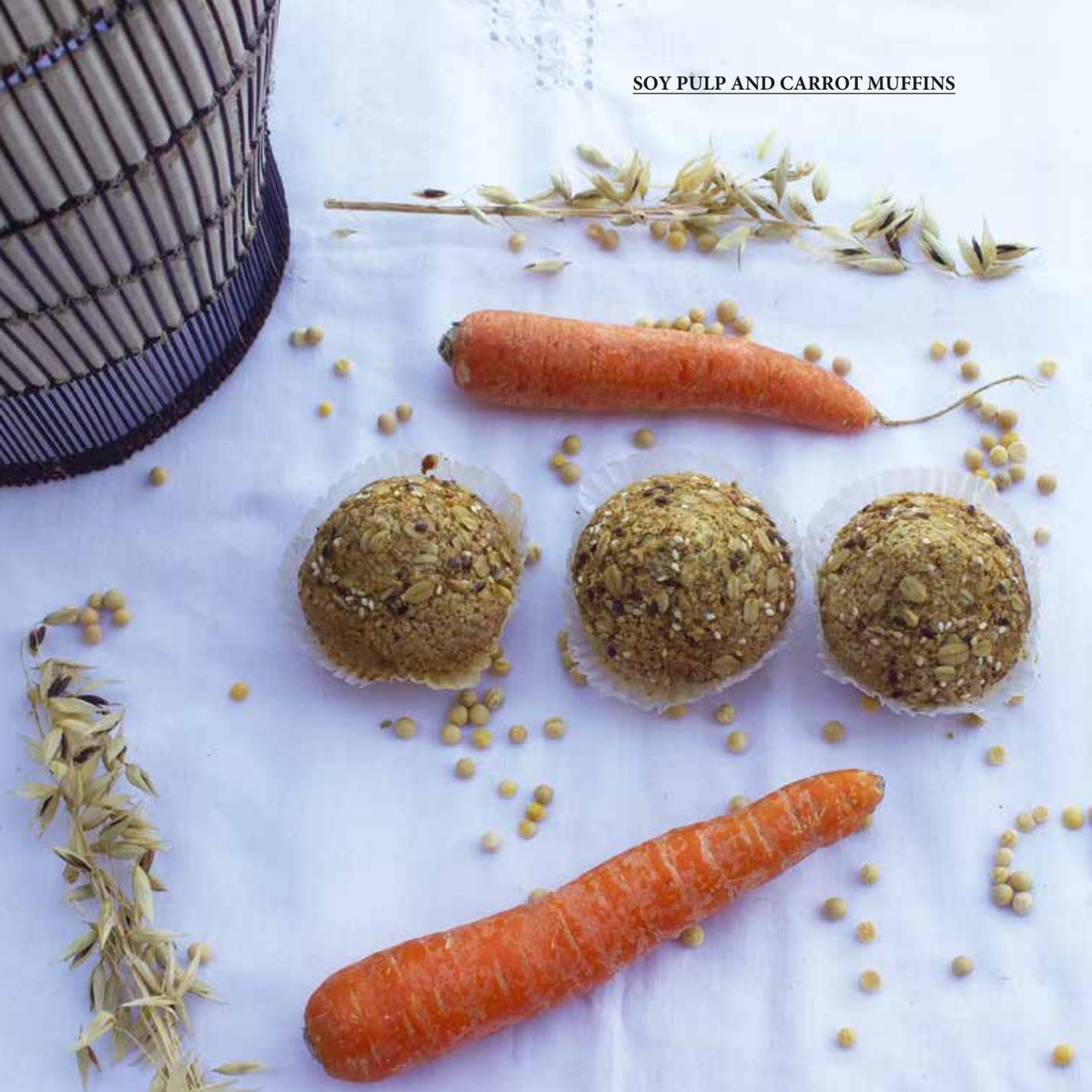
Add among the ingredients 1 tablespoon of organic vanilla powder or 1 vanilla pod (5 cm) along with 7 pitted dates to the soy beans and blend.

REUSING THE PULP

Below is a recipe from our Malaysian contributor and well-regarded yoga teacher Maizan Ahern, who knows the traditional culture involving the uses of Okara.

SOY MILK WITH VANILLA & DATES

SOY PULP AND CARROT MUFFINS



Soy pulp and carrot muffins:

DRY INGREDIENTS:	WET INGREDIENTS
1 and ½ cup of gluten-free flour	1 cup of homemade soy milk
¾ teaspoon of xanthan gum (optional)	1 cup of soybean pulp (okara)
¼ cup of cornflour	⅓ cup of organic coconut oil
1 tablespoon of yeast	1 tablespoon of vanilla extract
1 teaspoon of cinnamon	1 and ½ cup of grated carrot
¼ teaspoon of ground ginger or ½ teaspoon of fresh grated ginger	
¼ teaspoon of nutmeg powder	
¼ cup of pure coconut sugar	
½ cup of chopped nuts	

Preheat the oven to 175°C. Line a muffin tin with 12 paper muffin cases.

Mix the dry ingredients first and then the wet ones, separately. Add wet ingredients to the dry ones and **stir** slightly.

Place the mixture in the **moulds until filling** them almost to the top. Bake for 25-30 minutes until muffins become golden brown. In order to know if they are ready, pierce one of the muffins with a toothpick. If they are fully cooked, the toothpick will come out clean. Leave the muffins to cool before removing the paper liners. For the best flavour, let the muffins rest overnight, the muffins will be much tastier and incredibly moist.



For more recipes to reuse okara/soybean pulp,
check the following vegetarian forum:

<http://bit.ly/forovegetariano>

HORCHATA: TIGER NUT MILK



Tiger nut, also known as "chufa" in Spanish, is one of the **most ancient tubers** in the world. According to a recent study by the University of Oxford, tiger nuts were found to be one of the basic sources of nourishment of our hominid ancestors (Paranthropus Boisei) 3 million years ago.

Following **our own research**, along with the invaluable help from our collaborators from www.historiacocina.com, it can be stated that tiger nuts are a key cultural element of the Neolithic period in North and South America, Ancient Greece, the Roman Empire, Ancient Persia, the Caliphate of Córdoba, etc...

However, it was in Ancient Egypt when tiger nut reached its peak. In those times, it was regarded as a sacred plant, as proved by the fact that it is portrayed in several temples, as well as having been found in the graves of various artisans, noble men and pharaohs, to go along with the deceased in their journey to the afterlife.

Since one thousand years ago, the main area of tiger nut farming, washing, drying and selection is located in Valencia, Spain, which is, together with Africa, the largest production and processing area worldwide.



TIGER NUTS ARE HERBACEOUS RHIZOMES



TIGER NUT SYMBOL PORTRAYED
AT THE TOP RIGHT CORNER

Valencian chufas (tiger nut) hold a Guarantee of origin certification from the European Union. Tiger nuts are also farmed under decent working conditions for their farmers in countries such as Brazil, Argentina, the USA, Russia or Cuba, among others.

Unfortunately, they are also grown under less decent working conditions in some African countries like Niger, among others, where farmers are enslaved by, oddly enough, a Valencian company which is a global tiger nut trading leader. This has been perfectly portrayed in one of the internationally most awarded spanish documentaries that we highly recommend you:

Tigernut, Homeland of the Wholehearted Women (originally known as "Mouso Faso").

Horchata de Chufas (tiger nut milk) and Horchata de Almendras (almond milk) are definitely the two plant drinks most traditionally appreciated in the **Mediterranean** area: the former in Valencia and Barcelona, while the latter in the Balearic Islands, Alicante and Italy.

Not only does horchata have a delicious flavour, but also, when made at home it has several **nutritional properties**, which are also highly appreciated for their medical purposes, according to confirmed scientific and medical research.

Tiger nut milk is notable for its high **phospholipid and oleic acid** content, which gives it heart-healthy properties and helps balance cholesterol levels because of its significant HDL levels (good cholesterol). It also regulates bowel function and benefits the regeneration of intestinal flora due to its fibre, enzyme and starch content. Furthermore, Horchata contains vitamins E and C, as well as key minerals such as magnesium, phosphorus, potassium, iron and calcium. Horchata is recommended for people with Type 2 diabetes, since it contains arginine, an amino acid which boosts the natural production of insulin.

For further information, read the articles about Tiger nut at:

www.plantmilk.org



Seed type: Either whole or ground tiger nuts can be used.

Soaking: Tiger nuts should be soaked from 12 to 24 hours. In hot areas, it is advised to leave them in the fridge while soaking to avoid bacterial growth and spoiling.

GENERIC "MODEL RECIPE"

Ingredients:

- 200g of whole tiger nuts⁶
- 1 litre of water (different from that used when soaking)
- 4-6 pitted dates*

Water temperature: room temperature water should be used, since using hot water would significantly speed up the fermentation process, shortening its shelf life.

DIRECTIONS:

1. Soak 200g of tiger nuts from 8 to 24 hours. Remove water after soaking process is finished.
2. Fill the Vegan Milker container with 1 litre of water.
3. Place the filter in the container and add 100g of tiger nuts along with the dates in it. Blend for 1 or 2 minutes with a hand blender.
4. Add the rest of the tiger nuts in the filter and blend for 2 minutes.
5. Let it rest for 10 minutes.
6. Remove the filter and squeeze the liquid out of the pulp with the aid of the mortar.
7. Put the lid on and store in the fridge.
8. Let it rest for at least 8 hours and shake it well to dilute the sediment before drinking.

⁶ If using **ground tiger nuts**, freshly ground ones are best. You can grind them yourself at home. Ground tiger nuts do not need to be soaked and 200g can be placed directly in the filter.

Never use peeled tiger nuts to make your horchata. It simply won't taste as horchata. Peeled tigernuts do fastly lose an important part of their flavour and properties.



According to the traditional recipe to make Horchata in Valencia, 60g - 80g of sugar should be added. We include a healthier and older version in which dates were used as a sweetener instead of sugar.



Watch the video of this traditional recipe at the Vegan Milker Youtube Channel in English.



VARIANTS

Valencian horchata with cinnamon and lemon, another classic horchata recipe.

Add cinnamon, lemon peel and 4-6 dates. Hand blend for about 2 minutes following the steps of the generic recipe.

Horchata with ginger

Add 1 tablespoon of ginger along with the tigernuts, to the filter and follow the steps of the generic recipe.

“Nordic” style horchata

200g of tiger nuts per litre of water is an ideal amount to make a delicious traditional Mediterranean style Horchata, but 100g of tiger nuts per litre of water has proved to be equally tasty to Nordic palates. When making Horchata with only 100g or 150g of tiger nuts, they can be blended in one go.

Horchata with rocket sprouts

Add 1 tablespoon of rocket sprouts to the tigernuts in the filter and follow the steps of the generic recipe.

REUSING THE PULP

Although the remaining pulp from making Horchata can be thick and granulated, as with other types of pulp, it can be reused in baking or by adding it to salads, yoghurts, granola, etc. As it is very fibrous, always mix it with food to make it easier to eat.

Store in the fridge and use when desired.

Carob cake with tiger nut pulp

Preheat oven to 180 °C. In a bowl, mix 100g of wheat flour, 100g of carob flour, 100g of organic cane sugar and 1 tablespoon of baking soda. Meanwhile, melt 100g of vegan butter over a low heat. Then, add the melted butter and 2 vegan eggs to the mixture and stir thoroughly until the texture is consistent.

VEGAN EGG

1 vegan egg can be made by mixing 1 tablespoon of chickpea flour and 2 tablespoons of water.

HORCHATA WITH GINGER



Lastly, add 150g of any nut pulp and stir again until achieving a homogeneous texture. Place the mixture in a lined and greased cake tin and bake for 20 minutes.

VEGAN BUTTER (Recipe from Barbara Bianchi, Italy):

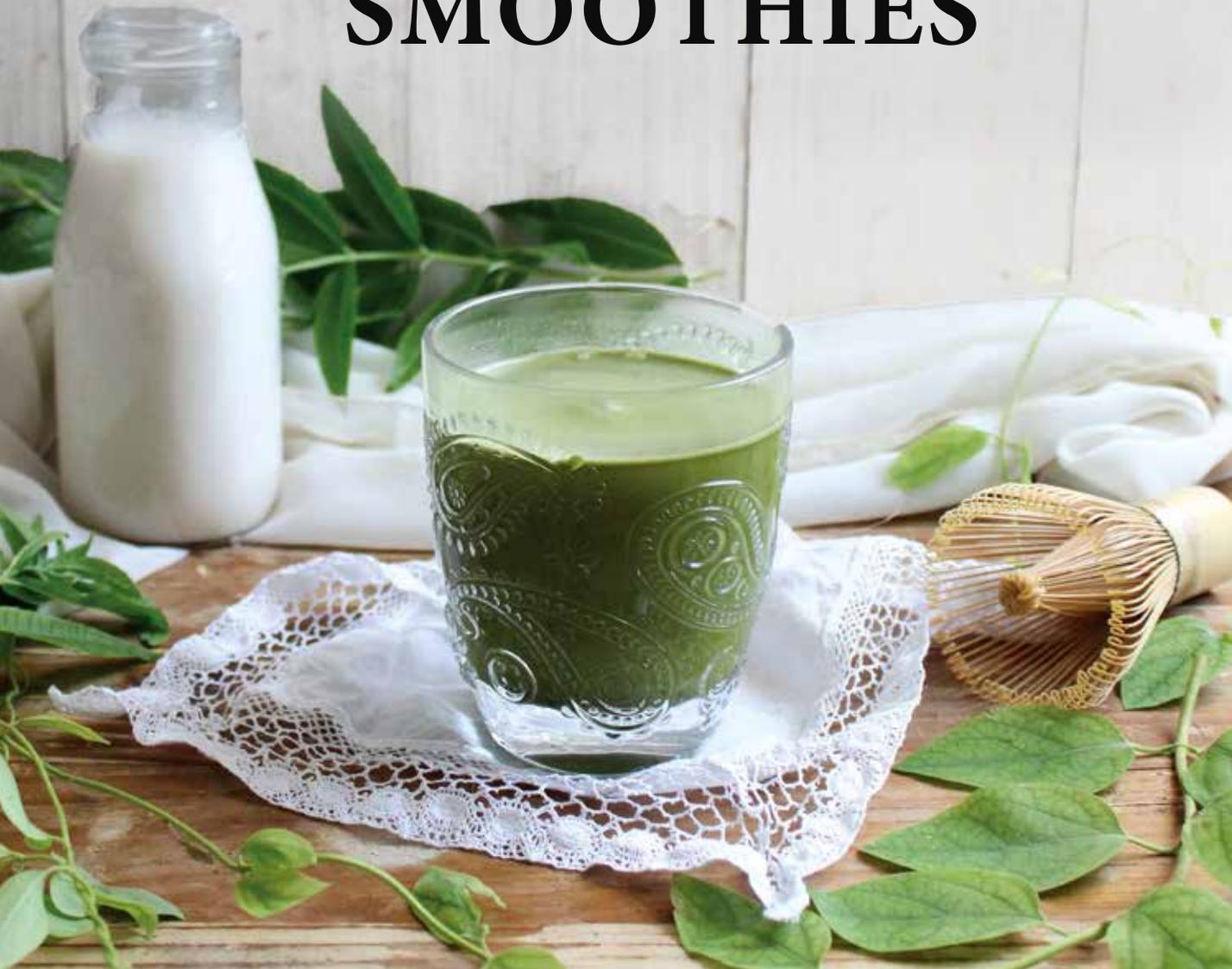
In order to make vegan butter, mix 100g of organic rice oil, 60g corn oil and 40g of olive oil. Add 50g of melted cocoa butter. Stir thoroughly, let it cool slightly and place in a glass container to keep in the fridge until it becomes solid. Store in the fridge.

Tiger nut bread

Preheat oven to 170°C. Mix 150g of strong flour with 175g of tiger nut pulp. Add 120 ml of almond milk (see page 29), 2 tablespoons of agave syrup, 1 vegan egg, 1 block of fresh yeast and 2 tablespoons of olive oil. Stir thoroughly. Place into a greased and line bread tin and bake for 20-25 minutes.



JUICES & SMOOTHIES



JUICES

Although the Vegan Milker has been designed to make plant milks, it also works optimally as a liquidiser thanks to its simplicity.

The Vegan Milker can be used to make fruit, vegetable, herb, or fibrous roots and seeds juices. For instance, it can be used for any of the following purposes: to make grape juice without the seeds, but with all their goodness; to make a juice from a pineapple core or from the seeds of a melon, to make ginger juice, to make a green juice, etc. In this chapter we will explain how to make different types of juices using the Vegan Milker.

Fruit types:

For instance, the Vegan Milker is the ideal choice to extract the juice from:

- Fruits with a high amount of seeds: such as grape, passion fruit, pomegranate, redcurrant, pitaya, melon...
- Very fibrous fruits, herbs and roots: like wheatgrass, barley grass, ginger root, elder flowers, celery, the middle part of a pineapple...
- Vegetables

THE EXCEPTION: **Fleshy fruits** with no seeds and not fibrous, such as bananas or strawberries, there's no need to put them in the filter. Just make your plant milk and then blend it with these fruits into a super tasty vegan milk smoothie*.

GENERIC RECIPE MODEL



Ingredients:

Well-washed fruits, roots, seeds, vegetables or herbs. Choose organic and seasonal products!

As the basis for any juice, a little water (from ¼ to ½ litre) should be placed in the Vegan Milker container.

Alternatively, a very juicy fruit (such as melon chunks, a pear, an orange, etc.) can be used and added in the filter, while avoiding the use of thicker fruits like a banana or avocado, as they make the filtering process difficult, due to their thick consistency.

If you would like to use any thick fruit to make the juice, add it to the container after the filtering process is finished and hand blend without the filter.

Water temperature: room temperature water should be used.

*See the Smoothies section (page 76)

DIRECTIONS

1. Place the filter in the Vegan Milker container and add all the ingredients.

If the ingredients are juicy enough, water does not need to be added. Otherwise, if they are very fibrous and not very juicy (herbs, roots, etc.), $\frac{1}{4}$ or $\frac{1}{2}$ litre of water should be placed in the Vegan Milker container.

2. Once all the ingredients are placed in the filter, blend them to extract their juice with the aid of a hand blender. In order to avoid blender obstruction, blend gently and unhurriedly. Blending will become smoother without having to apply a lot of pressure. The juice will be ready in no longer than 3 minutes.

3. Remove the filter and squeeze the pulp with the aid of the mortar.

Whilst occasionally, the leftover pulp after making these types of juices might be too fibrous and unpleasant to our palate, most often than not, these juices will produce tasty and fibrous pulp. There are several ways to reuse this pulp, such as: mixing it in a yoghurt, using it as a topping for a cake or making a smoothie by mixing the pulp with any other homemade plant drink.

VARIANTS

Orange and pomegranate juice

Remove the seeds of 1 pomegranate and place them in the filter. Add 2 peeled oranges and 1 tablespoon of organic whole cane sugar. Blend gently and filter.

Whilst this juice has a high content of vitamins A, C and B9 (folic acid) and minerals, potassium and phosphorus, by making juice this way we miss out on the fruits fibre content, which we only obtain when eating them whole.

Dried fruit juice

Fill the container with 1 litre of water. Place 150g of dried fruits (pineapple, blueberries, papaya, mango...) in the filter. Let it rest until they become properly hydrated and blend. Remove the filter and separate the pulp from the liquid with the aid of the mortar.



MELON SEEDS JUICE

WHOLE GRAPE JUICE



Melon seed juice

Fill the container with $\frac{1}{4}$ litre of water. Place the seeds of one melon in to the filter and fill the remaining space in the filter to the top with melon chunks. If the melon is not ripe enough, add a teaspoon of syrup (optional).

When using the seeds of more than one melon, there will be no need to add melon chunks, since a delicious creamy juice can be made using the seeds alone.

This juice is refreshing, very low in calories and rich in vitamin C. Additionally, it helps to relieve the symptoms of some urinary tract infections (cystitis) and acts as a diuretic.

Wheatgrass detox juice

Place $\frac{1}{2}$ litre of water and 50g of wheatgrass in the filter. Blend and filter.

This juice detoxifies the blood, provides you with chlorophyll and increases your metabolism.

Passion fruit juice

Passion fruit is native to the Andes Mountains. It is full of black seeds, which are perfect to have their juice extracted from with the Vegan Milker. Fill the container with $\frac{1}{4}$ litre of water. Add passion fruit up to the top of the filter. Blend on turbo mode or high speed for 1 or 2 minutes. Remove the filter and squeeze the pulp with the aid of the mortar.



BEETROOT AND CHERRY GAZPACHO

Beetroot and cherry gazpacho with a hint of basil

Fill the container with $\frac{1}{2}$ of water. Place in the container half a red onion, 3 large tomatoes, 90g of beetroot, 2 cucumbers, 1 green pepper, 1 garlic clove, 300g of pitted cherries, basil, salt, oil and balsamic vinegar to taste. Add the harder ingredients first, then, add the rest of them while blending. If you prefer a gazpacho with a thicker texture, add a bit of fruit seed pulp or a piece of bread and blend (in this case, without the filter).

Pure grape juice

Fill the container with $\frac{1}{4}$ litre of water. Add grapes of your choice up to the top of the filter. Blend on turbo mode or at high speed for 1 minute. Remove the filter and squeeze the pulp with the aid of the mortar. Water does not need to be used if you prefer a more concentrated juice.

Alternatively, add a whole pear to the filter to make grape and pear juice, which has several medicinal properties.



**Watch the video recipe at the Vegan Milker Youtube Channel:
bit.ly/zumo_uva**

SMOOTHIES



Fruits and vegetables can also be added to any plant milk or yoghurt to make delicious smoothies. It is advised to blend the fruits or vegetables with the pre filtered plant milk **without using the Vegan Milker filter** in order to obtain a creamier and more nutrient dense smoothie.

The smoothie and juice options are limitless. We recommend using seasonal fruits and vegetables where possible and blending them with any plant milk of your choice.

MIXED BERRY SMOOTHIE



Mixed berry smoothie with cashew milk

Make cashew milk and filter it. Then, add in the container (without the filter) a handful of mixed berries (raspberries, blueberries, redcurrants, strawberries, blackberries, etc.) along with 1 tablespoon of syrup and blend again.

Chocolate and banana smoothie with almond milk

Make almond milk and filter it. Then, add in the container (without the filter) 1 banana together with 2 squares of dark chocolate and blend again.



For more recipes, read the section on juices and smoothies at:

www.plantmilk.org

VEGAN YOGHURT & CHEESE



In the **vegan yoghurt and cheese world**, we regularly come across recipes for food products that are naturally thickened to produce a similar texture to plant yoghurts or cheeses that are **wrongly labelled as “yoghurt” or “cheese”**. As they are not fermented and, therefore, they do not provide the bacteria which, thanks to their probiotic effect, promote the regeneration of intestinal flora, they aren't plant yoghurt or cheese.

The method for making the actual vegan yoghurt and cheese varies depending on the culture or bacteria that is being used to ferment the nuts or seeds.

To this day we have collected two different methods to make **fermented vegan yoghurt and cheese**, both of which have also been adjusted to be made with the Vegan Milker. The first method only works when using soybeans, while the second method works well with both soybeans, peeled almonds, cashews and with any other kind of nut, according to our research so far.

METHOD 1



SOY YOGHURT FERMENTED WITH A PLANT YOGHURT

Ingredients to make concentrated soy milk⁷:

- 1 litre of water
- 250g -300g of organic soybeans
- Natural flavour enhancer of your choice: sweetener, lemon zest, cinnamon, etc.

Ingredients to make plant yoghurt

- 1 litre of concentrated soy milk
- 1 organic soy yoghurt⁸

⁷ Concentrated soy milk is made with 200g - 300g of soybeans to obtain a creamier and thicker texture (see the recipe to make soy milk on page 59).

⁸ An organic soy yoghurt from any brand can be used as a start-up culture. Later on, your own homemade yoghurts could be used as culture.

Directions to make concentrated soy milk:

1. Soak the soybeans in water overnight.
2. The following day, remove soaking water. Fill the container with 1 litre of water and blend the soybeans with the hand blender.
3. Filter with the aid of the mortar. Pour the milk in a saucepan and simmer for 10 minutes.

Directions to make plant yoghurt:

1. Place 1 tablespoon of soy yoghurt in each glass jar (reuse preserved food jars).
2. Pour warm soy milk in each of the glass jars and stir thoroughly.
3. Place the jars in a yoghurt maker and let them rest from 12 to 24 hours to ferment.
4. Then, put a lid on each of the jars and store in the fridge.
5. Keep soy yoghurts in the fridge and use them within 2 weeks.

ALTERNATIVES AND TIPS

The soy yoghurt can be replaced with probiotic packets: add 1 probiotic packet per jar.

If you do not have a yoghurt maker at home, yoghurts can be made in a traditional way by placing them next to a heater. In order for the yoghurts to curdle, they should be left to heat for at least 12 hours to a temperature of about 35°C. Temperature control is imperative with yoghurt making.





SOY YOGHURT



METHOD 2 (our favourite!)

DRINKING YOGHURT & FRESH WHITE CHEESE FERMENTED WITH ENZYMATIC WATER

The following method results in a drinking yoghurt and a fresh white cheese, both spectacular and made through the use of a natural fermentation process, which has been adjusted to be made with the Vegan Milker.

STEP 1

HOW TO MAKE ENZYMATIC WATER

Enzymatic water is a cloudy, bubbly water with a slight scent of ferment due to the effect of the sprouted seeds after resting for 24 hours in natural water. It is regarded as a medicinal water thanks to its probiotic characteristics and it can be used as a natural seed fermenter to make plant yoghurts and cheese.

Seed type: enzymatic water can be made with rye, hard wheat, lentils, etc. Entire seeds should be used, otherwise they will not sprout. According to our taste, the tastiest enzymatic water is that made out of rye or hard wheat sprouted seeds.

Ingredients to make enzymatic water:

- 100g of organic grain seeds (rye or hard wheat)
- 1 litre of water

Directions to make enzymatic water:

1. First of all, let the seeds sprout through the traditional sprouting method*.
2. Once the 100g of seeds have sprouted and they already show the first sprouts, place them in a clean glass jar with 1 litre of water. Cover the jar with a linen or cotton cloth.
3. Let it rest at room temperature for 24 hours. After that time, the enzymatic water will be ready.

If you are gluten intolerant, you should know that, although some seeds contain gluten, the gluten content does not remain in enzymatic water. Therefore, the vegan yoghurt and cheese made by following this method are both gluten free.

Enzymatic water is a greyish-coloured water with a particular scent, similar to ferment. When shaken, it will become bubbly. It should be filtered and saved to make both yoghurt and /or cheese.

If enzymatic water is not available, or you don't wish to use it, it can be replaced with water kefir. Simply follow the same steps, exchanging the sprouts for kefir.



***Watch the explanatory and practical video recipe to make enzymatic water at the Vegan Milker Youtube Channel or at www.plantmilk.org**



Tips about the different uses of enzymatic water and the sprouted seeds

Enzymatic water is a type of water that stands out for its probiotic characteristics.

- ✓ This water is used in this recipe as a starting culture to make yoghurt and cheese, but it can also be mixed with fruits juices in order to make probiotic fizzy drinks such as **Kombucha**. Besides, it can also be drunk directly as a medicine, although it does not have a pleasant flavour this way. Regardless of how it is used, it should be stored in the fridge to slow down the fermentation process.
- ✓ Enzymatic water can be **frozen**. We have made yoghurt and cheese with enzymatic water that was frozen for a month with excellent results. Before using frozen enzymatic water as a culture, it must fully defrosted to room temperature, otherwise it will be less effective.
- ✓ **Sprouted seeds** can be reused to make another litre of enzymatic water. To do this, let the sprouted seeds rest for 24 hours in jar (without water) and repeat the process of placing them in water the following day. However, they can only be reused once, otherwise the obtained enzymatic water will not have the fermentation properties needed in order to effectively make yoghurt and cheese.
- ✓ **In addition**, sprouted seeds which have been used to make enzymatic water can be used as a delicious addition to a salad or a stew. They should not be thrown away, since they have a high nutritional value due to the fact that their enzyme, mineral and vitamin content is almost 10 times higher.

STEP 2

HOW TO MAKE VEGAN YOGHURT AND CHEESE

Ingredients:

- 200g of cashews⁹ (a higher amount can be used, but never less)
- 1 litre of enzymatic water (it is extremely important to follow the steps for making enzymatic water very carefully, as shown in the video link on page 82).
- A pinch of salt
- Lemon peel
- 3 dates (only if you have a sweet tooth, we personally never use them)

Water temperature:

In this case, enzymatic water should be used instead of regular water. In order to make the fermentation process easier, it is important to use room-temperature enzymatic water (around 20°C) so that bacteria perform their task in ideal conditions. Therefore, if enzymatic water is stored in the fridge, take it out half an hour before using it to make yoghurt and cheese so that it is the right temperature.

Directions to make drinking yoghurt and cheese:

1. Fill the Vegan Milker container with 1 litre of enzymatic water.
2. Place the filter in the container, place all of the ingredients in the filter and hand blend for about 2 minutes.
3. Remove the filter and press the pulp gently with the mortar to filter the remaining milk.

DRINKING YOGHURT: The plant milk obtained is a fermented drinking yoghurt. Pour the drinking yoghurt into a bottle and put a lid on it. Let it rest for 10 minutes at room temperature and then store it in the fridge. Shake before use. This homemade drinking yoghurt is an excellent probiotic.

⁹ Cashews can be replaced with nuts or peeled almonds.



vegan
YOGURT



YOGHURT: You can also make a yoghurt thick enough to be eaten with a spoon. Place 1 tablespoon of psyllium husks or chia seeds in glass jars (1 tablespoon per jar). Then, pour the drinking yoghurt into the jars and stir thoroughly to mix well the natural thickener with the yoghurt. Within a few minutes, the consistency of the yoghurt will become thick enough for it to be eaten with a spoon. Once all yoghurts are solidified, place a lid on every glass jar and store them in the fridge. Consume within 3-5 days.

FRESH WHITE CHEESE: The remaining pulp can be used to make fresh white cheese. Place the pulp in a jar and cover it with a cotton or linen cloth, allowing it to breath. Let it rest at room temperature (20°C) for at least 12 hours so it ferments (in very hot climates, let it rest for 8 hours). Once the resting

time is over, remove the cloth and store in the fridge. This cheese is truly delicious this way, but both its texture and taste can be improved by mixing it with finely chopped garlic and aromatic herbs, spices (such as cumin), 1 tablespoon of oil, 1 tablespoon of lemon juice and 1 tablespoon of tahini (sesame paste) or brewer's yeast. Not only will these ingredients improve its flavour and texture, but also will prolong its shelf life from 4 to 7 days. Store in the fridge.

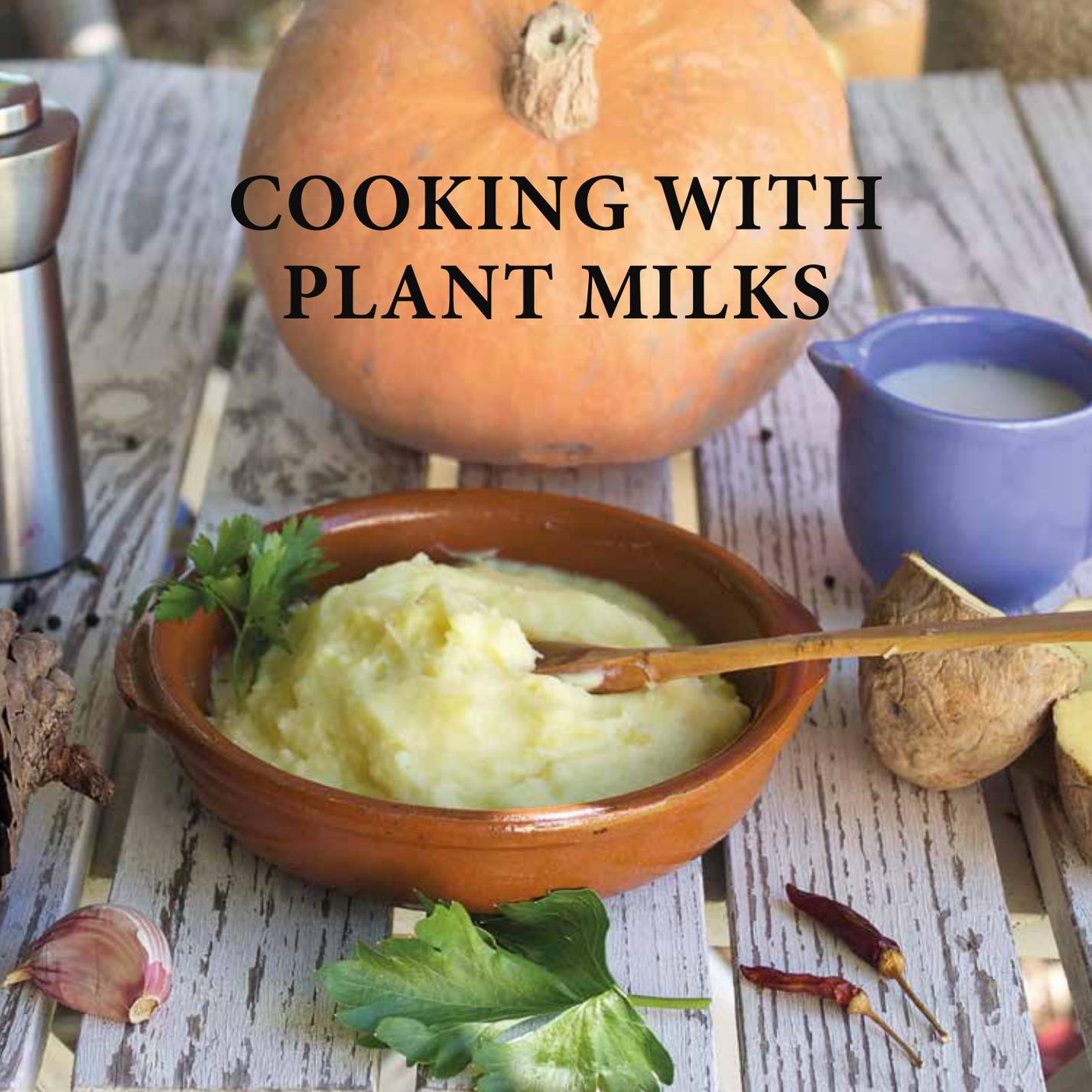


Watch the video recipe at the **Vegan Milker Youtube Channel:**
bit.ly/yogur_queso_vegano



For more recipes, read the section on **vegan yoghurts and cheese** at:
www.plantmilk.org

COOKING WITH PLANT MILKS



Homemade plant milks have been used in cooking since ancient times. Written evidence of their use has been found in European medieval cookbooks and in explorers' or missionaries' journals.

This has inspired us to collect all sorts of recipes that we have encountered on our trips to present the Vegan Milker at food fairs and events in Asia, Oceania and South America. It even led us to try and create our own recipes!

Here below we share with you some of these recipes with the goal of **inspiring you** to incorporate plant milks little by little in your recipes and your diet.

SAVOURY DISHES



Mushroom croquettes with rice milk

First of all, make rice milk by following the generic recipe in the raw grain milks section (see page 40). By using this method, the rice milk will thicken significantly after being exposed to heat. Then, stir-fry half an onion and sliced mushrooms in a frying pan with a little oil. When the onion and mushrooms are soft, add 1 tablespoon of rice pulp and stir thoroughly. Add ¼ teaspoon of nutmeg, ½ teaspoon of white pepper (for a spicy touch, add 1 chilli pepper) and stir well. Add 1 cup of rice milk and stir thoroughly. If the mixture becomes too thick, add a bit of water and salt to balance it out. Once the mixture achieves a proper texture (approximately, after being cooked for 10 minutes over a medium heat), place it on a tray. Store it in the fridge in order for it to become thick and dense so that the croquettes can be rolled into little logs and coated with flour and bread crumbs. Later fry or bake the croquettes until golden.

Creamy vegetable soup with plant milk

Boil or steam seasonal organic vegetables, such as potatoes, spinach, chard, leeks, cabbage, etc. If boiling the vegetables, add 250ml of any plant milk 2 minutes before the boiling time ends. If steaming them, place the steamed vegetables in a different container along with the plant milk. Hand blend the vegetables together with the plant milk in order to make a creamy soup or purée. If you prefer a creamier texture, we advise using either oat or rice milk.



CREAMY VEGGIE SOUP

Mashed potatoes with almond milk

It is extremely important to keep the temperature at a constant medium heat while cooking this recipe.

Heat a little organic sunflower oil in a frying pan. When the oil is warm, add ½ litre of almond milk. Add 4 chopped boiled potatoes and mash the mixture with a potato masher or a fork.

About 5 minutes later, the mixture will achieve the texture of a purée. Season with black pepper, salt and 1 tablespoon of tahini (sesame paste). Remove from the heat and hand blend it thoroughly. Heat gently for 2 more minutes.

Any plant milk can be used for making this recipe, but almond milk is our favourite.

Vegetable red curry with coconut milk

First of all, make coconut milk by following the steps in the section on nut milks (see pages 32 and 33) and place to one side. Wash and dice any kind of seasonal vegetable of your preference (except tomato). For example, onion, garlic, pepper, string beans, cabbage, carrots etc. In order to calculate the amount of diced vegetables to be used, the vegetables must fill a 500ml container to the top.

Heat a little oil and chopped garlic in a wok or a frying pan. Once the garlic starts looking golden brown, add the vegetables, 1 tablespoon of water and 1 teaspoon of red curry paste and stir thoroughly. After the ingredients have all been thoroughly mixed, add 1 tablespoon of oyster sauce, 1 tablespoon of soy sauce and ½ teaspoon of organic whole cane sugar. Sauté and then add ½ cup of coconut milk and 2 lemon tree leaves. Let the curry simmer for 3 minutes to let the flavours develop and serve whilst the vegetables are still crunchy. Serve with either white or brown rice.



**Watch the video recipe at the Vegan Milker Youtube Channel:
bit.ly/curry_rojo**

SWEET DISHES AND DESSERTS



Spanish “torrijas” with hazelnut milk, carob and orange

Make hazelnut milk using 150g of hazelnuts, 25g of cacao powder, $\frac{1}{4}$ zest of 1 organic orange and 1 tablespoon of syrup. Set aside. Cut a loaf of bread into 1cm thick slices. Soak the bread slices in the hazelnut milk. Once they have absorbed the milk well (about 30 minutes is usually enough), dip them in a vegan egg mixture (see recipe on page 68) and fry in plenty of oil in a frying pan, until crispy on either side. Before serving, dust lightly with cinnamon.

The leftover pulp from the hazelnut milk can be used to make a homemade orange chocolate spread or delicious chocolate truffles (see recipes in the section on reusing pulp on page 36).

“Gruad kati”: coconut milk with banana

First of all, make coconut milk by following the generic nut milk recipe (see pages 32 and 33). Then, cook $\frac{1}{2}$ litre of coconut milk over a medium heat in a saucepan and add $\frac{1}{2}$ teaspoon of salt and 1 tablespoon of syrup. Cut 2 bananas into 1 cm slices and add them to the coconut milk (if slicing them too thin, they might dissolve with the heat).

Stir the mixture while it cooks for about 3 minutes. If being heated for too long, the banana might become too soft. Taste it in order to add more salt or syrup if necessary. Remove from the heat and pour into pudding bowls. Eat it either warm or hot.

Rice pudding with almond milk

This vegan dessert dates from the Middle Ages, at the very least. First of all, make almond milk by following the steps on page 29 of this book. Pour the litre of almond milk into a saucepan and simmer. When the milk becomes warm, add 3 cinnamon sticks and 2 lemon peel strips. Let it cook over a low heat for 5 minutes in order for the cinnamon and lemon flavours to deepen. Then, add 150g washed half-milled rice and stir for 20 minutes while cooking over a low heat.

5 minutes before cooking time ends, add 100g of organic cane sugar and stir until rice is soft and the mixture achieves a thick texture. Remove both the cinnamon sticks and the lemon peel strips. Pour the pudding into bowls. If storing it in the fridge for a few days, we advise storing in glass jars with a lid.

THICK HOT CHOCOLATE WITH RICE MILK



Thick hot chocolate with cereal milk

In order to make this hot chocolate really thick, we suggest using cereal milk made from raw grain, such as rice, oat, kamut, spelt or barley, as they all produce the creamy texture required for this recipe. Pour 200ml of your chosen cereal milk into a saucepan and simmer. Add 25g of cocoa and 1 tablespoon of syrup to taste. Cook it over a low heat while stirring to prevent it from sticking and becoming too thick. In case it thickens excessively, add a little water and stir again. Within 15 minutes your delicious thick hot chocolate will be ready to enjoy.

Raw Oat porridge with rice milk

Porridge is an energy-giving dish which is ideal to be eaten at any time of day, although it is very common eating it for breakfast. Soak oat flakes in rice milk (or any other plant milk) with cinnamon powder overnight. In hot areas, it is advised to store the porridge in the fridge while soaking. The following day, take out of the fridge and add sunflower seeds, chia seeds, nuts, dates, raisins and any chopped fruit that you have to hand. Take the porridge out between half an hour to an hour before eating so that it is not too cold. Sweeten it to taste and eat with a spoon.

Plant milk pudding

Homemade plant milks can achieve a thick texture similar to pudding by mixing it with seeds such as chia seeds or psyllium husk. These seeds thicken plant milks when cold, which prevents exposure to temperature changes which would result in loss of nutrients.

First of all, make a flavoured plant milk using either vanilla, cinnamon and/or cocoa. Once the milk is made set aside. Fill the bottom 1/3 of a 150ml glass with chopped nuts (nuts, almonds, hazelnuts, etc.) and chopped pitted dates. Add the milk to the top of the glass and add 1 tablespoon of a natural thickener (psyllium or chia) in every jar. Stir well.

Let it rest for at most 30 minutes in order for it to thicken. Place a lid on each jar and store them in the fridge. Use within 3-5 days. A bit of marmalade can be added before eating.

The same steps can be followed with the same results, but using a smoothie or a drinking plant yoghurt (see pages 76, 78-86) instead of plant milk.

EASY TIPS TO IMPROVE YOUR PLANT MILKS

Calcification: calcium can be added to plant milks by using healthy whole foods instead synthetic products. Adding a handful of almonds or 1 tablespoon of toasted sesame seeds when making any plant milk is an easy trick which also gives the milk an excellent flavour.

To further ways to add calcium to plant milks, read the article “Calcificación de leches vegetales” at www.lechevegetal.com.

Sweeteners: in households where people with a sweet tooth live together with others who do not eat sugar, it is advised to make the milks without any sweetener. That way anyone who prefers it sweeter can separately add the sweetener of their choice before drinking, as is the usual procedure for making tea or coffee.

If all of you prefer it sweet, add the sweetener of your choice at the beginning and hand blend together with the rest of ingredients in the filter.



All sorts of natural sweeteners can be used: organic whole cane sugar, honey, maple syrup, stevia, coconut sugar, dates, ripe fruit etc. What you choose to use depends on your personal taste and what you have at hand. However, it is advised to avoid using refined white sugar where possible. For further information on this topic, read the article “Dudas razonables sobre edulcorantes naturales” from the blog Conasi Cocina Natural at http://bit.ly/conasi_edulcorantes.

Creamy texture: in order to make creamier plant milks, add a handful of nuts, such as hazelnuts or macadamias. Alternatively, use a handful of sunflower seeds.

Homogeneous texture: plant milks will achieve a more homogeneous texture if you add a little olive oil, 1 tablespoon of oat flakes, 1 teaspoon of flaxseeds or 25g - 50g of fresh aloe vera gel. Try different options until you find which one works best for you.

How to make frappes or iced drinks: there are various options to make frappes or iced drinks. Here below we have provided two of them, but this does not mean there are not other or better methods out there:

- Store your plant milk in the freezer for 2 or 3 hours. Do not let it freeze completely. Take out of the freezer and blend with a hand blender until achieving the texture of an iced drink.
- Or freeze the plant milk and take out of the freezer 3 or 4 hours before using. Then, blend with a hand blender until you achieve the texture of an iced drink.

Express pressing process: If a significant amount of pulp has accumulated in the filter, it can be pressed more efficiently with the aid of the hand blender. Remove the filter from the container, hold it above the plant milk that has just been made and, before pressing the pulp with the mortar, blend the pulp with the hand blender. Lastly, press the pulp with the mortar.

Follow the ingredient quantities strictly: since the Vegan Milker container has plenty of capacity, one might be tempted to fill it with more than 1 litre of water and adjust the amount of seeds/nuts/cereal to make a litre and a half of plant milk in one go. This would be a mistake, because by adding more water, the results will not be the same and the plant milk will become watery. Bear in mind that the Vegan Milker is designed to make from half to 1 litre of plant milk.

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