Delicious Nut Milk Recipes
Using our Natural Hemp, Organic Cotton & Nylon Bags
Nut Milk Bag Care Guide & Bonus Paleo Recipes Included

Katy Rice
Nut milk is delicious with a rich taste. It is made of crushed nuts and it has a soft, silky, creamy texture of water and nuts. You can customise it with many different added flavours like cinnamon, vanilla and cocoa. Almond milk has great health benefits, studies have shown that plant and nut milk – milk derived from almonds, soy, coconut, hazelnut and many others are a great source of vitamins and minerals. Almond Milk contains no saturated fats and is not processed like dairy milk.

One serving (8 fl oz) of unsweetened almond milk contains in the region of 30-40 calories, 2.5-3 grams of fat, 1g of protein, 1g of fibre and vitamins and minerals.

These recipes use a lot of almonds in them so when we talk about soaked almonds we mean for at least 8 hours in a bowl covered with filter water. Almonds are protein rich and full of vitamin E, magnesium, selenium, manganese, zinc, potassium, fibre, iron, phosphorus and calcium. Full of heart healthy flavonoids, it is suggested that almond milk can help lower LDL cholesterol and protect the heart.

Lactose Free
The great thing about almond milk is it is Lactose free. Many adults and children are lactose intolerant. Lactose is the sugar found in cow’s milk. Drinking cow’s milk combined with lactose intolerance can cause abdominal discomfort, stomach bloating and diarrhoea for those affected. Because almond milk is extracted from a nut, it’s plant derived and therefore lactose free. Lactose intolerant people can substitute cow’s milk in their diet for almond milk.

Caution
Almond milk is thought to be a goitrogenic food, i.e., it contains chemicals that can harm the thyroid when consumed in large quantities. People who have a low thyroid function, it’s advised to only drink almond milk in limited moderation. These chemicals are also found in other commonly enjoyed foods such as strawberries, spinach and broccoli and is usually nothing to be concerned about.

Almond milk is no substitute for breast milk and does not contain the right nutrient levels required for an infant’s so do not use this as a replacement for breast milk or formula. However children can drink it as a replacement to cow’s milk.
You have your new Love Tree nut milk bag and I know you are ready to go so here are a few tips for getting longevity from your purchase.

**General Care**

The bags are strong and should last you a long time, we sell natural hemp, organic cotton and nylon nut milk bags. The bags can be used both ways around, the way you received it or turn it inside out.

To prevent any pulp getting in the seam of the organic cotton or hemp bags turn the bag inside out so the seams are on the inside when using. If this happens please contact support for a free replacement.

When straining don’t twist the bag as this puts lots of pressure on the seams. Putting lots of pressure on the seams can cause pulp to get in the seam so be careful.

**Squeezing**

Lift the bag and gently squeeze the bottom like you would a sponge and all the lovely nut milk or juice will come pouring through. Keeping squeezing until you are left with a semi damp bag of pulp in your nut milk bag. You can either discard the pulp or keep it for adding to yummy food recipes.
Cleaning Your Nut Milk Bag

Our nut milk bags come in three fabrics, Nylon, Natural Hemp and Organic Cotton. Caring for the bags is generally the same but we will detail the differences below.

The basic three steps are

1. Wash straight after use
2. Sanitise them
3. Store when 100% dry

Cleaning your nut milk bag before you start using it:

Wash the bag with natural detergent such as Ecover.

Turn the bag inside out to give the bag a good wash.

Rinse well in clean running warm water.

Hang it out to dry in a ventilated area or on a clothesline in direct sunlight ideally.

Cleaning your nut milk bag after using it:

1. Turn the bag inside out
   First, you need to turn the bag inside out as this makes the bags much easier to clean. It also ensures that no debris or particles remain in the seams and corners of the bag.

2. Rinse under warm running water
   Place the bag under a running tap to help wash away the remaining pulp from the fabric. Run the water along all the seams to flush out any small particles.

3. Use a mild detergent such as Ecover
   The bags can be prone to staining when making anything other than milk drinks. So fill a bowl with a few inches of hand hot water and soak your bag with the mild detergent to remove the stains and any smell. It is important not to use scented detergents as this will leave a smell on the fabric of the bag and could be transferred into the next drink that you make.

4. Sanitisation
   It is very important to sanitise your nut milk bags to prevent the milk that you create from souring prematurely. If your bags have stains or a smell to them then soak the bags in grapefruit seed extract and water. Alternatively, you can also soak them in white vinegar and water to remove the smells but they will require rinsing to neutralise the vinegar smell.

5. Bleaching
   Over time the bags can become discolored due to its uses and they may require bleaching to remove. We recommend using Oxygen bleach as it is non-toxic and kills mold and bacteria.
   Add a teaspoon of the oxygen bleach powder to 2 cups of water to make your bleach solution for the bags. Allow the bags to soak in the solution until you can see the stain and the mold removed then rinse the bag well in clean water.
   Please note that you should only use bleach on the bags when necessary because it will weaken the natural fabrics over time.

6. Preventing mold and bacteria
   Proper cleaning and drying are the best ways to prevent bacteria and mold building up but after using for a long time some can develop mold or bacteria. Before rinsing the bags, the following actions can be taken to keep the mold and bacteria away.

   Salt Water
   Dissolve a heaped tablespoon of salt in hot water, soak the bags for a minimum of 30 mins, the solution will remove smells and kill any germs.

   Vinegar soak
   Place bag in a cup or small container and cover with undiluted white vinegar and leave for 15-20mins, this will kill any mold and remove any smell from the bag. Wash the bag to remove the vinegar smell.

   Oxygen bleaching:
   Oxygen bleach will kill mold, bacteria and reduce or remove stains. Follow the instructions as detailed above.

   Sun drying
   Sunlight contains ultraviolet radiation that is effective in killing mold so get your bags on the line outside if you can.

7. Rinse Rinse and Rinse
   Super important to give the bags a good rinse. You need to make sure all the detergent is rinsed off and no small particles remain on the fabric. Any stubborn stains will need soaking in grapefruit seed extract and water to help remove them.

8. Drying Your Bag
   Outside air drying is the best so they get blasted with sunlight, so get them on the line if you can. If that’s not possible then any place that gets airflow and will promote drying.

6. Storage
   Now the bags are clean and dry you want to keep them that way until the next time you use them so put them away in a clean draw you use to store your tea towels or a mesh zip lock bag if you want to keep them separate.
Almond milk contains more nutrients than other dairy milk alternatives. The health benefits from drinking almond milk even match dairy choices so ideal if you are lactose intolerant. Almond milk works as a great alternative for those with soy and lactose allergies.

**INGREDIENTS YOU NEED:**
125g of raw almonds  
500ml of filtered water  
1 spoonful of honey – optional to taste  
Pinch of sea salt – optional to taste

If you want something special, you can add your own sweet twist, like a teaspoon of vanilla extract, raw cacao, coconut extract or cinnamon.

Soak the almonds in filter water for at least eight hours, or up to twenty four hours. Once they have soaked, drain the water away which should be brown in colour. Raw almonds have tannic acid and an enzyme inhibitor in its brown skin which stop it from activating until the conditions are right. Soaking overnight unlocks the enzyme inhibitor allowing you to gain more of the nutrients from the almonds.

Place the almonds, vanilla (cacao etc.), and filter water in a blender. Blend the mixture on high speed for one minute, and then strain the mixture through your Love Tree nut milk bag. You can keep the pulp for adding to cake recipes. You have just made Almond Milk.
Green Minty Almond Milk

You can get creative and discover lovely green milks like green almond milk. The process of making this delicious drink consists of two parts, since you work with two different mixtures, but both are easy to handle. Green almond milk tastes like a mint flavoured milkshake. It contains great healthy fats. This milk can be helpful if you are cleansing and detoxifying your body and avoiding dairy products. Green almond milk hydrates your system and it contains sodium, protein, live enzymes, and chlorophyll that contribute to blood building, as well as boosting the quality and quantity of your red blood cells.

INGREDIENTS YOU NEED:
- 2 cucumbers
- 2 ribs of celery
- 2 to 3 handfuls of spinach
- 150g of soaked raw almonds
- 900ml of filtered water
- 1 sprig of Mint – Optional to taste

Before you start making green almond milk, you should soak the almonds for eight hours. Then place the cucumbers, celery, spinach and mint through a juicer, and strain off the juice, using your nut milk bag. You should get at least 500ml of juice from this. Put it aside. Get the almonds, place them in a blender and blend them on high speed for one minute. Then strain the almond milk in your Love Tree nut milk bag. You should have 500ml of almond milk. Now mix the green drink and the almond milk in a jug – that’s it! Enjoy your healthy green beverage. It can stay fresh for two days when you store it in the fridge.
Carrot Pecan Milk

This is an unusual milk and it is tasty and very good for you. You can always enhance nut milks with some added vegetables and it’s a great way to get children to eat their daily vegetables. Packed with natural sources of vitamins.

INGREDIENTS YOU NEED:
125g of soaked raw pecans
2 carrots
1 teaspoon of cinnamon, a pinch of cardamom powder
2 teaspoons of vanilla extract (or coconut extract)
2 tablespoons of maple syrup,
750ml of filtered water

After you have soaked your raw pecans for eight hours or overnight ideally. You can then peel and chop the carrots. Then put all the ingredients into a blender. Blend them on high speed for at least one minute or until pulped. Strain it with a Love Tree nut milk bag. It stays fresh for two or three days when kept in the fridge, covered.
Bananas and peanut butter make a healthy snack. This smoothie is gluten free, since oat does not contain gluten. Tastes amazing and will give you a good sustained boost of energy.

**INGREDIENTS**

- 125g of soaked raw almonds
- 4 bananas broken into chunks
- 2 tablespoons of peanut butter
- 1 teaspoon of vanilla extract – cocoa, coconut etc.
- 80g of oats or 30g of spinach
- 700ml of filtered water

Place the almonds into a blender, along with 450ml of filtered water. Blend them on high speed for a minute. Strain it with your Love Tree nut milk bag.

Blend the oats, vanilla extract or other flavouring ingredients with 250ml filtered water. After that, add the greens, and blend them, too. Then add the banana chunks, peanut butter and the almond milk, then blend the whole mixture on high speed for about two minutes.
Romaine Lettuce Smoothie

Romaine lettuce has more vitamin C than an orange and is a great source of beta carotene and vitamin K.

Romaine lettuce is great in a salad but also in a smoothie due to its mild taste.

**INGREDIENTS:**
- 125g of soaked almonds
- 125g of strawberries
- 1 banana
- 250ml of pineapple juice
- 1 apple
- 1 romaine lettuce
- 2 tablespoons of pumpkin seeds
- 40g of dried apricots
- 80g of oats
- 750ml of filtered water

Chop the apple and the romaine lettuce. Blend the almonds and 500ml of filtered water on high speed. Strain the liquid with your Love Tree nut milk bag. You should get 250ml of almond milk.

Blend the dry ingredients. Add the chopped lettuce and blend the mixture. Then add the fruits too. Blend them for about two minutes on high speed until smooth.
The coconut is the seed of a tropical palm tree. This plant seed is a power house of vitamins and minerals that are important to the body.

Here are a list of the main ones: Potassium, Phosphorus, Calcium, Magnesium, Iron, Sodium, Manganese, Zinc, Copper, Selenium. It is a great source of medium chain fatty acids. Traditionally used in Asian and Caribbean cooking.

**INGREDIENTS:**
- 2 brown coconuts
- 750ml of filtered water

Pierce the coconut and drain the coconut water into a bowl. Split the coconut: cover it with a towel and break up with a hammer. Pry the coconut meat from the husk with a paring knife; make sure that no outer coconut skin will get amongst the coconut meat. Cut the coconut meat into chunks and place in the blender.

Heat up the filter water in a pan but don’t bring it to the boil, it just has to be hot. Pour in the hot filter water with the coconut and let it sit for 2min. This helps soften the coconut further before blending.

Blend for about 1min on high speed or until smooth. Use a Love Tree nut milk bag to strain the liquid. Use rubber gloves if the water is still very warm. You can keep the coconut pulp for recipes. Once cooled it can be refrigerated and stored for 3-4 days.
Coconut Milk Yogurt

Homemade coconut milk yogurt is packed with vitamin C, vitamin B6, and vitamin E, Potassium, Phosphorus, Calcium, Magnesium, Iron, Sodium, Manganese, Zinc, Copper and Selenium. Be a master in the kitchen by creating your own non dairy yogurt and it’s also a great source of medium chain fatty acids.

INGREDIENTS:
- 2 brown coconuts
- 750ml of filtered water
- 1 tbsp of gelatine
- 1 packet Vegan Yogurt Culture

Pierce the coconut making two holes (I use a corkscrew), then drain the coconut water. Wrap the coconut into a tea towel and give it a good few smashes outside on the patio (or use a hammer). Pry the coconut meat from its husk.

Heat the water up in a pan so it’s hot but not boiling and put that and the coconut flesh into a blender. Blend them on high speed for three minutes. Use your Love Tree nut milk bag to strain the liquid. Then heat the coconut milk at 45°C or 115F.

Remove 250ml of coconut milk. Add a tablespoon of gelatine to it, mixing well. Then gradually add the remaining coconut milk to the mixture. Let it cool down to 110F. Add the yogurt culture. Then keep it at 108F for six to eight hours.

Stir and refrigerate for at least 5 hours. Yogurt will not thicken until after refrigeration time.
Horchata de chufa, also known as tiger nut milk, is a traditional Spanish drink made from tiger nuts, similar to rice milk or almond milk. They are not actually nuts, but tubers of a plant called the yellow nutsedge and Tiger nuts are high in iron, potassium, magnesium and Vitamins C and E.

Although horchata has many health benefits, the traditional recipes are often very high in sugar. We buy our organic tiger nuts from “The tiger nut company”, they are amazing. Ani and Chris have provided us with this best ever creamy horchata recipe. We tried it and just had to share it with you; it was so lovely.

**INGREDIENTS:**
- 200g organic tiger nuts
- 800ml filtered water
- Cinnamon
- Agave Nectar

Soak the tiger nuts in water for at least 4-6 hours or preferably overnight. Drain and rinse in clean water. Place in blender with 800 mls of filtered water and blend. Using your lovetree nut milk bag, strain the mixture over a large bowl and squeeze until all the liquid has drained. Then add a large pinch of cinnamon and a splash of agave (around 1 tsp) and mix. That’s it!

The horchata flavour will improve and develop if chilled in the fridge for a while. I find it stores well for 2-3 days. You will notice there is a lot of sediment that settles at the bottom – do not discard! This sediment contains all the flavour and nutrients, in particular it is a valuable source of resistant starch which keeps you feeling fuller for longer. We like to keep my horchata in bottles (we love the retro milk bottle ones!) as this makes it easy to shake and mix the sediment back in.

This is an ideal and healthy milk substitute for those who are dairy and lactose intolerant, and can be used in tea, coffee, cooking, smoothies and anywhere else you would use milk.
Brown rice has its advantages over white rice such as being easier to digest. This luscious drink does not contain gluten, additives, or preservatives.

**INGREDIENTS:**
- 180g of brown basmati rice, cooked
- 1 litre of filtered water
- Optional: ½ tsp Vanilla extract
- Optional: 1 tbsp of raw organic honey

Place the rice and the water in a blender then add your vanilla or organic honey if you wish to sweeten the milk. Blend the ingredients on high speed for 2 minutes. Strain the liquid using your Love Tree nut milk bag. Decanter into a lidded glass jar for storage, it can stay fresh in a refrigerator for 3 to 4 days. Give the milk a shake before drinking when removing from the fridge. Avoid heating this milk up as it will turn to a custard consistency very quickly.
This is another Recipe provided by The Tiger Nut Company
It is a lovely recipe great for breakfast or dessert.

Place chia seeds in a jar or bowl roughly 1/4 chia seeds to 3/4 horchata (tiger nut milk). If you don’t have horchata (see tiger nut milk recipe) or you can use rice, coconut or almond milk. Mix in some cinnamon and raw cacao or cocoa to taste, and leave for 6 hours, or overnight to soak. They will swell up and thicken to a rice pudding consistency. Taste and add more cacao if needed. Horchata is naturally sweet but with other milks you may also need to add a little sweetener such as agave nectar or maple syrup.

**INGREDIENTS:**
- Chia Seeds
- Tiger Nut Milk
  When ready blend together the following
  - 1 Pear
  - 1/2 Apple
  - 1/2 Small Avocado
  - handful of greens
  - a little water if needed

Then add 1-2 tablespoon Tiger Nuts milled until you have a thick smoothie.
Layer the chia pudding with the smoothie, and pop a generous amount of cherries on top. Enjoy!
Quick Squash or Pumpkin Soup

**INGREDIENTS:**
- 1 Tbsp. coconut oil
- 3-4 Shallots thinly sliced
- ½ Tsp Celtic or Himalayan Sea Salt
- 1-2 cloves fresh garlic (pressed)
- 2 Tbsp. fresh ginger (pressed)
- 1 Tsp Pumpkin Pie Spice* (optional but suggested)
- 4 cups (36 oz) canned squash or pumpkin (you can use fresh if in season)
- 2-3 cups (500-750ml) chicken or vegetable stock (preferably homemade) dilute with water if your broth is strong or condensed. Strongly flavoured broth will overpower the other flavours.
- Ground pepper to taste
- 2/3 to 1 cup (200-250ml) homemade coconut milk or homemade almond milk (more or less depending on thickness and creaminess desired)
- 1 to 2 tablespoons honey or maple syrup
*½ teaspoon of Cinnamon & ½ teaspoon of Nutmeg if you can’t get Pumpkin Pie Spice

**PREPARATION:**

You will need either a large Stainless Steel sauce pan or a large Cast Iron Dutch oven with a lid.
1. Melt the fat in the pan. Add the shallots and sea salt. Sauté on medium heat until the shallots are translucent.
2. Using the garlic press, squish the garlic and the ginger into the pot. Sauté another minute.
3. Sprinkle in the Pumpkin Pie Spice and stir to mix.
4. Add the squash and broth. Cover the pot, bring to a boil then reduce heat and gently simmer approximately 10 minutes to let the flavours mingle.
5. Add the coconut or almond milk to the pot.
6. Add the maple syrup or honey now.
7. Adjust the salt.
8. Ladle into a bowl and garnish with chopped greens such as parsley, green onion, or chives.

**Note:** This soup freezes well so it’s a good idea to make extra for when you need to grab some supper as soon as possible.
Easy Thai Fish and Seafood Soup

INGREDIENTS:
1 ½ (350ml) cups coconut milk
3 cups (750ml) chicken or vegetable stock (can use fish stock or a combination of two)
2 Tsp Red Boat Fish Sauce
12 ounces (340g) firm fish cut in chunks
12 ounces (340g) cooked sea food (scallops, small shrimp, crab meat etc.)
2-3 Tbsp. lime juice
1-2 Tsp fresh ginger (Minced)
½ cup (100g) carrots (cut into chunks)
½ cup (100g) celery (cut diagonally in chunks)
½ to 1 tsp red curry paste
Sea salt to taste

PREPARATION:
1. In a large sauce pan add coconut milk, stock, fish, Red Boat fish sauce, lime, ginger, vegetables and bring to a simmer over medium heat. Stir gently with a wooden spoon. Be careful not to break up the fish too much.
2. Reduce to simmer and add curry paste and sea salt.
3. Add sea food and simmer another 5-10 minutes until heated through. Stir gently.
4. Ladle into bowls. Garnish with parsley, chives, or chopped basil. Serve with Lime wedges and crushed red pepper if desired.
At Love Tree we like to eat our Mac and Cheese with a green salad. (This recipe contains dairy)
Pre-Heat oven to 180°C or 350F.
- Serves 2-4.

**INGREDIENTS:**
- 2 Tbsp. good quality butter
- 2 Tbsp coconut flour
- 1 ½ to 2 cups 375- 500ml coconut milk (almond or cashew milk is good too but the amount may vary)
- 2 Cups (160g) shredded mature cheddar cheese or any combination of cheeses that you like
- ½ Tsp. nutmeg
- Salt and pepper to taste
- 1 bag gluten-free rice macaroni

**PREPARATION:**
1. Make noodles according to package directions. Drain and set aside.
2. In a heavy bottomed sauce pan, melt butter over medium heat.
3. Stir in the coconut flour and mix with the butter to form a paste. This will form a “Roux” of sorts.
4. Over low to medium low heat begin slowly mixing in the nut milk. It will thicken quickly. Keep stirring and adding milk in small amounts until the mixture loosens and begins to become liquid. This is the same process as making a white sauce with regular flour so take your time and keep mixing.
5. When you have the sauce the consistency you like add the shredded cheese ½ cup (40g) at a time allowing it to melt into the sauce. Add more or less depending on how cheesy you want your sauce.
6. Add the nutmeg and the salt and pepper to taste.
7. Put the macaroni in a glass baking dish (8x12, 9x9inch or a round casserole)
8. Pour the cheese sauce over the noodles and mix gently.
9. Top with a layer of shredded cheese. Bake for about 20 minutes or until bubbly and brown on top.
10. If you just can’t wait.....no need to bake.
11. You can also add crunchy toppings of your choice, bread crumbs, potato chips etc.
Cream Tuna on Toast aka S.O.S

Serves 2-4 – (This recipe contains dairy)

INGREDIENTS:
2 Tbsp. good quality butter
2 Tbsp. coconut flour
1 ½ to 2 (375- 500ml) Cups coconut milk (Or use almond or cashew milk, amounts may vary)
½ Tsp. dried tarragon or dill (also known as dill weed)
Salt and pepper to taste
2-6 ounce (200g) cans Tuna (drained)
4 slices buttered toast

PREPARATION:
1. In a heavy bottomed sauce pan or cast iron skillet, melt butter over medium heat.
2. Stir in the coconut flour and mix with the butter to form a paste. This will form a “Rue” of sorts.
3. Over low to medium low heat begin slowly mixing in the nut milk. It will thicken quickly. Keep stirring and adding milk in small amounts until the mixture loosens and begins to become more sauce like. This is the same process as making a white sauce with regular flour so take your time and keep mixing. Be patient and use low to medium low heat.
4. When you have the sauce the consistency you like add the herbs, salt and pepper.
5. Serve on top of your buttered toast.
Coconut Nut Dressing

You can use any nut butter and combination of herbs to create a sauce for chicken and fish, or a dip or dressing. Be creative! This sauce can take on the flavours of your dish.

Juice of 2 limes or 1 lemon
1 Tbsp. Nut butter (almond, cashew, peanut etc.)
1/3 Cup (80ml) nut milk (coconut, almond, cashew)
1 Tbsp. Basil (coriander, also known as cilantro, is good too)
1 Tbsp. chives (dill or mint for fish or lamb)
Pinch of spice such as cayenne, also curry and turmeric for an Indian flavour, chilli powder and cumin for Mexican food, oregano and marjoram for a more Italian flare, etc. Sea Salt to taste

In a glass or ceramic bowl whisk the lemon or lime juice with the nut butter. Blend in the coconut or nut milk. Whisk in the rest of the herbs and spices. The longer you can let this sauce sit in the refrigerator before serving the better. It allows the flavours to mingle. When the butter is set you can spread over chicken or fish as a marinade or drizzle over rice and couscous.