



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

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Unsweetened almond milk has less than half the calories of skim dairy milk. It has the same consistency of whole milk, and it has more vitamins and minerals than soy milk. If you can handle tree-nuts, then you have no excuse not to use almond milk every day of your life.

With so many diets and eating habits out there—like vegan, gluten-free, and low-carb—it can be confusing to try keeping up with what kind of food is acceptable for specialty eaters. The beauty of almond milk is that it fits all of those eating habits and so many more. Even more perfect is that almond milk can be used in place of dairy, soy, or rice milk in almost any cooking situation.

With these dozens of *Instructables* recipes in one convenient collection, you'll be on your way to a more almond-based lifestyle in no time! Only in this collection can you find amazing recipes like:

Raw chocolate almond chia pudding
Vegan butternut biscuits
Creamy vegan baked potato soup
Vegan shepherd's pie
Healthy chocolate banana bread
And so much more!

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

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Kimberly Wood:

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Carla Heyward:

In this period globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The particular book that recommended to you is The Joys of Almond Milk: Delicious Recipes for the Dairy-Free this guide consist a lot of the information on the condition of this world now. This particular book was represented how does the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. The writer made some research when he makes this book. Honestly, that is why this book acceptable all of you.

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