

Other Emerging “Milks”

Beyond Almond: Other nut milks are emerging on the market. Feel free to experiment with flavors (and nuts) using our basic Nut Milk recipe below.

Whole Grain Milk: This is a basic oat milk with other whole grains added for flavor and nutrient value. Not for the gluten-sensitive.

Purchase: Pacific Foods is a definite innovator in the Milk Alternative market. They have come out with a Pacific Hazelnut Non-Dairy Beverage and a Multi-Grain Non-Dairy Beverage, in addition to their already extensive line of soy, rice, and oat milk alternatives. Both varieties can be purchased in aseptic packages from major natural food retailers,

Other Ideas:

- For milk used as a thickener, substitute pureed tofu. (Be sure to puree the tofu completely.)
- In baking, replacing the milk with fruit juice can add a nice flavor. Be sure to reduce the amount of sugar in the recipe though.
- For a lighter taster, substitute vegetable or chicken broth for milk in savory recipes

Recipes:

- Cashew Nut Milk