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## Read Free Diy Nut Milks Nut Butters And More From Almonds To Walnuts

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Eventually, you will unconditionally discover a further experience and exploit by spending more cash. still when? reach you acknowledge that you require to acquire those all needs later than having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more approximately the globe, experience, some places, following history, amusement, and a lot more?

It is your totally own period to take action reviewing habit. accompanied by guides you could enjoy now is **Diy Nut Milks Nut Butters And More From Almonds To Walnuts** below.

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In a little yellow house deep in the delta South, the Bee lives. She is excited to spend time with her grandchild! When she arrives, the Bee quickly realizes there is a gap between them. In the little yellow house, all of the Bee's things have grown old, and yet, to the Bee they are still useful and important. However, through the eyes of her grandchild, everything she possesses is just old. Will the Bee be able to show her beloved grandchild the importance of valuing old things, including the Bee, when she asks the question, "So you truly believe if something is old, I should throw it away out into the cold?" The Bee and Me is a compelling rhyme book designed to bring generations together, closing the gap between young and old by recognizing the beauty and value in them both.

In 1998, a cozy Greenwich Village caf named Peanut Butter & Co. was born with a menu consisting entirely of peanut butter creations. The restaurant was an instant hit, with features on Good Morning America and Nightline, and profiles in Time, Newsweek, and the New York Times. People liked their peanut butter so much that it's now available in gourmet shops and grocery stores around the United States. Now proprietor and restaurateur Lee Zalben is spreading the joy of peanut butter with The Peanut Butter & Co. Cookbook. Here are more than 80 gooey recipes for everything from decadent desserts (Four-Layer Peanut Butter Honey Cake) to delicious, nutritious snacks (Baked Apples with Peanut Butter) and sensational entrées (Peanut Butter Pad Thai). Of course, no peanut butter cookbook would be complete without sandwiches here are recipes from the traditional (The Lunch Box Special) to the deliciously daring (Peanut Butter BLT). With full-color photographs and tons of quirky statistics, The Peanut Butter & Co. Cookbook is sure to answer every peanut butter craving!

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: • More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

Delicious recipes that are free from refined sugars and flours, and offer gluten-free and paleo alternatives to suit everyone's taste! HEALTHY BAKING - Cakes, Cookies + Raw is the ultimate must have healthy, wholefood baking book of our time. It's all about going back to basics, keeping things simple and using quality ingredients that are good for health and wellbeing. The recipes are made from pure, honest wholefoods and focus on SUGAR FREE, GLUTEN-FREE, VEGAN, PALEO and WHOLEFOOD creations. It contains 488 pages of all new and exclusive recipes, and chapters on Teresa's baking secrets that include: Gluten Free Breads Scrumptious Cookies Wholesome Cakes Raw Desserts Naked Chocolate Treats Gluten Free Scones Healthy Baking Tips and more! Healthy Baking extra features: + Dairy and non-dairy suggestions + Comprehensive kitchen tools list and ingredients glossary + Exclusive, new recipes + The Baking Essentials + Creams, Jams + Vegan Butter + Teresa's favourite recipe for Raw Golden Turmeric Custard + Beautiful quality production and photography for each recipe Healthy Baking is the perfect companion to Purely Delicious, and a classic gem to add to your Healthy Chef collection.

According to the Mayo Clinic, nuts are heart healthy, contain good fats that lower cholesterol, are loaded with Omega-3s, and are a great source of fiber. Harvard Medical School says a handful of nuts every day may help one live longer. And let's face it—nuts are downright delicious! This tasty little cookbook is filled with 50 tasty nut recipes, covering everything from nut butters and nut milks to sweet and savory dishes. Whether it's introducing nuts to a fresh salad or making homemade nut butters and nut milks, the 50 recipes in this beautifully photographed cookbook show off the many possibilities of nuts in the kitchen. The book focuses on the nine most commonly available nuts: almonds, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, and walnuts. Cruncy to creamy, savorty to sweet, recipes include: • Nut butters and nut milks (almond milk is easier than you think) • Macadamia Nut Banana Bread • Gold-Standard Granola • Williamsburg Peanut Soup • Ambrosia Fruit Salad with Pistachios • Grilled Peanut Chicken Skewers • Candied Pecans • Chocolate Walnut Bark S'mores • And more Eating healthy never tasted so good! From the Hardcover edition.

Audisee® eBooks with Audio combine professional narration and text highlighting for an engaging read aloud experience! How does a peanut turn into peanut butter? Follow each step in the food production cycle—from planting peanut seeds to spreading peanut butter on bread—in this fascinating

book!

A great new vegan cookbook that will stock your pantry with homemade, plant-based, compassionate staples!

Making your own healthy dairy alternatives is easier than you think with this step-by-step book, with recipes for all kinds of dairy-free creamy treats. A common question for those starting a vegan diet is, 'How do I cope without milk and eggs?'. It is surprisingly easy. You can buy an increasing range of vegan dairy but the good news is that is simple and satisfying to make your own. This practical book shows you how to make all kinds of delicious creamy products yourself - from every kind of nut, bean, soy and cereal milk, to delectable yogurts, creams, butters and cheeses. Many are fermented, with all the additional gut-health benefits that brings, such as a coconut kefir or a fermented cashew nut cheese. Then the recipes show you how you can create delicious vegan versions of traditional dairy-based dishes. You might have thought mac and cheese, a creamy pasta sauce or rich ice cream was out of bounds - but here are miraculous ices, creamy cheesecakes, custards, meringues, quiches, scrambles and frittatas - every kind of sweet and savoury dishes using your vegan dairy.

Presents thirty nut butter recipes that incorporate a variety of nuts, from pistachios and pecans to coconut, sunflower seeds, and macadamia nuts, along with a collection of creative recipes using them.

If it's a nut (and even many seeds) and you like it, you can make a butter out of it. This guide is dedicated to nut lovers. Some things are best kept to the imagination or the tastebudzz. . Pick up this guide today!

From the author of Jams & Jellies in Less Than 30 Minutes, 101 recipes that think outside the jar and far beyond that childhood favorite PB&J. Peanut butter lovers of the world unite! Update your palate with not only sweet, but savory recipes for breakfast, lunch, and dinner—and everything in between. Look out jams and jellies, peanut butter has some new sidekicks. With not only sweet, but savory recipes sure to please any hungry bunch, you'll wish you'd ventured beyond PBJ a long time ago. Try Peanut Chicken Puffs, Peanut Colada Dip, Thai Slow Cooker Chicken, Dessert Pizza, and more!

Nut butter is the new superfood. You're now as likely to see almond butter as peanut butter on grocery store shelves everywhere. It's a high-protein option for those looking to avoid both dairy and palm oil, as well as tasting fantastic. This cookbook will not only show you how to make your own nut butters, but also how to use them in breakfasts, snacks, savory dishes, desserts, and smoothies. With recipes including Salad with Almond Nut Dressing, Peanut Butter and Cacao Protein Balls, and Honey Cinnamon Cashew Butter Cheesecake, this is the ultimate cookbook for people looking to give a healthy, protein-fuelled boost to their diet.

The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

Caitlin Shoemaker shares plant-based, recipes that maximize health and flavor and fit into any budget Caitlin Shoemaker, vegan and health-world influencer and creator of the blog From My Bowl, shares the laid-back kitchen magic of her simple, flavorful recipes. Simply Delicious Vegan proves that unprocessed, plant-based food doesn't have to be expensive, complicated, or boring—and even better, it can make you feel (and look) your absolute best. Complete with personal tips for creating a glowingly healthy and happier life, this book offers 100 recipes that check every box and fit easily into real life. Gluten-free, oil-free, and refined sugar-free, Simply Delicious Vegan will help you feel energized and centered.

Offers tasty, healthy recipes all using the spiralizer, a tool that turns fruit and vegetables into noodles, including Jicama Shoestring Fries, Sweet Potato Fried Rice and Zucchini Linguine with Garlic Clam Sauce. Original.

Wouldn't you do more healthy cooking at home—if you only had the time? It can be tough to put dinner on the table without falling back on packaged, processed foods. But for Melissa King, watching her two young daughters struggle with health issues was tougher. She switched her family to a whole foods, plant-based diet—and it made all the difference. Today, Melissa is a master at crafting flavor-packed, no-stress recipes that are Easy. Whole. Vegan. (Plus, they're gluten-free!) Here are her top 100 meals, snacks, desserts, and more—ingeniously organized by need to help busy families find the right one: QUICK: Make Sweet Potato Pancakes or Avocado & Chickpea Stuffed Cucumbers in 30 minutes or less EASY: Multitask effortlessly with slow-cooker dishes like Chili Mac & Cheese MAKE-AHEAD: Prep Lentil Shepherd's Pie when you do have time, and freeze it for later (Melissa explains

exactly how!) Plus, ENTERTAIN with White Bean & Zucchini Burgers, MAKE IT YUMMY with wholesome condiments like Hidden Veggies Tomato Sauce, and hydrate for health with PICK-ME-UPS like Beet, Orange & Ginger Juice or a Tropical Green Smoothie. You do have time to cook whole, vegan food at home—once a week, or all the time. It's easy!

Demonstrates how busy home cooks can minimize dependence on packaged foods while promoting family health and satisfaction, in a volume that includes recipes for such everyday staples as crackers, mayonnaise, and potato chips.

Make dairy-free butters and milks, and use them in 70 super-healthy recipes, photographed throughout.

Ready to enhance your dairy-free life in an extraordinary way? Ready to see just what a nut can do?! Get ready... Get Set... It's time to dive head first into a world of better health and amazing taste with the nutritional power of NutMilks. Sub headline Creamy, smooth, and delicious Nut Milks made simply in the comfort of your own kitchen. Nut Milks have an exceptionally divine taste and are packed with essential vitamins, minerals, and disease-fighting properties. Are you Lactose Intolerant or have sensitivities to Dairy? Are you craving a delicious dairy-free alternative that will taste just as creamy and dreamy as milk, cheese, yogurt, and butter? Are you in need of a dairy-free alternative for cooking and baking that will result in quality dishes? You Need to Try These NutMilks! Nut Milk is the ideal solution for people with dairy allergies and sensitivities. It is pure, creamy, and works just as well and tastes just as well in a glass, on your cereal, during baking, and for everything else. Nut milk is loaded with vital nutrients, is protein-rich, and offers many health benefits. Nut milk also contains more calcium and vitamin D than a cup of cow's milk! Solution Benefits Some of the main health benefits provided by nut milk include, but are in no way limited to: • Weight loss (fewer calories, less fat, no cholesterol; reduced sodium) • Heart health (no cholesterol, no saturated fat) • Healthy, strong bones (more calcium than cow's milk, so even better than milk at fighting osteoporosis) • Increased muscle mass/healthy muscles Throughout this book you will learn lots of valuable information and tips about nut milk, from how to get started, to needed materials/groceries, and over 50 nut milk recipes. This is a great book for those just getting started with a dairy-free diet or for those who are wanting to learn how to prepare different varieties of nut milk at home. Some of the recipes you can look forward to include: • All of the Classic NutMilks: Almond Milk, Coconut Milk, Macadamia Milk, Cashew Milk, etc. • Specialty and Gourmet Nut Milks: Vanilla Bean Caramel Almond-Hazelnut Milk, Brazil Nut Milk with Orange Zest and Ginger, Gourmet Maple- Pumpkin Spiced Almond Milk, and many more! • A section on making Nut Butters • Plus... homemade beauty product recipes, such as: All-Natural Facial Cleanser with Nut Milk and Chamomile, Papaya-Macadamia Smoothie Sugar Scrub, Whipped Body Butter with Plum and Coconut, and others! Here is your chance to actually enjoy drinking something that is good for you! Preparing Nut Milk is fun and relaxing and it so much fun experimenting with different nuts and seeds & natural flavorings and sweeteners. This book is the only Nut Milk book you will ever need - a definitive guide offering helpful advice, amazing tips, delectable recipes, and much, much more. Pick up a copy of the Nut Milk Bible today - the amazing world of Nut Milks await!

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family—even the non-vegans—will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

Almonds are everywhere, and with good reason! Full of vitamin E, magnesium, protein, fiber, calcium, and more, this superfood delivers lots of health benefits in a delicious little package. When almonds are made into grain-free flour, non-dairy milk, and nut butter, these easy alternatives to wheat flour, dairy, and peanut butter support a variety of diets—vegan to gluten-free, vegetarian to Paleo. Whether you're following a particular way of eating or just looking to add variety to your cooking, Almonds Every Which Way offers key info for incorporating more nutritious foods into your diet, including: Basic recipes for homemade almond milks, butters, and flours Easy tips and tricks for using and storing almond ingredients Nutritional info for each recipe Designations for gluten-free, allergy-free, dairy-free, vegetarian, vegan, and Paleo options And, of course, the recipes: you'll find more than 150 scrumptious almond-based dishes, from breakfast favorites like smoothies, pancakes, and croissants, to sandwiches, snacks, and easy, family-pleasing entrees like fish tacos and vegan "neatloaf." With Almonds Every Which Way, you'll have every diet, meal, and taste bud covered.

"An essential resource."—Alana Chernila, author of The Homemade Pantry Your all-in-one guide to making creamy milks, velvety butters, and satisfying treats from almonds, cashews, hazelnuts, and more! DIY Nut Milks, Nut Butters & More brings nut power to the people with more than 50 recipes for homemade nut milks and butters—along with delicious, whole-food snacks and desserts that put them to use. Inside you'll even find tasty ideas for using the leftover nut pulp! You'll discover all sorts of goodies inside, including: Strawberry Brazil Nut Milk Rich and Creamy Pistachio Butter Chocolate Hazelnut Spread Almond Butter and Jelly Muffins Peanut Butter Cup Granola Salted Honey Cashew Truffles Tropical Protein Smoothie Chocolate Peanut Butter Chunk Ice Cream These decadent yet straightforward recipes use simple ingredients that are most likely already in your pantry. Even better—every dish is gluten-free and vegan, and most are grain-free, too. Filled with smart advice, helpful tips, and fabulous recipes, this is your ultimate guide to homemade nut milks, nut butters, and beyond.

The cofounders of Ground Up share "the formulas to their grinds, espresso stout to cinnamon snickerdoodle, plus ways to use them beyond toast" (Portland Monthly). Nut Butter is a guide for those looking to make their own nut butters, as well as to incorporate more nut butter into your life in a healthy way. After making countless nut butters over the years, from some major hits (Cinnamon Snickerdoodle was a happy accident) to some, well... odder, concoctions (don't ever make balsamic nut butter!), Julie and Carolyn share their wisdom so that you can make the perfect nut butter at home, too. All recipes will be peanut-free, gluten-free, dairy-free and refined sugar-free... but they're so delicious that you wouldn't even know it! You'll come away with the tools and know-how to make your own nut butters, as well as some helpful tips and recipes on how to use nut butters in your everyday cooking. But more than that, you'll feel less intimidated to start preparing healthy and delicious food. Food that fuels your body and makes you feel great! "Profusely illustrated and comprised of fifty palate-pleasing, appetite-satisfying, kitchen cook-friendly recipes that celebrate

and showcase nut butters." —The Midwest Book Review

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: • 5-Ingredient Peanut Butter Bites • Banana Zucchini Pancakes • Sick Day Soup • Lentils and Sweet Potato Bowl • PB Ramen Stir Fry • Tofu Veggie Gravy Bowl • Jackfruit Carnita Tacos • Depression Era Cupcakes • Real Deal Chocolate Chip Cookies With a foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health

Jen Hansard and Jada Sellner are on a fresh path to health and happiness—deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand—from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

Everybody wants to make dishes, which has natural and healthy ingredients. The store-packed items always contains preservatives and sugars, which are not good for health and cause weight gain and many health related problems, like heart problems. So, it is always best to choose those products, which does not harm your body. These products are not good at all, which is why; avoiding them is a better option. Same is the case with Nut Milk, because these contain more amounts of sugars and preservatives than necessary, which make them not so good for health. The homemade nut milks are easy to make and are fresh and you can be comfortable with using them. As they are made at home, you can control the sugar quantity and all the ingredients can be used in a balanced amount, which makes them healthy and according to your taste. All kinds of nuts can be used for the preparation of this yummy milk, some of which are, coconut, pistachio, almond, cashew, hazelnut, etc. You can add honey, at home for making it healthier, and it will provide many health benefits for both inside and outside the body.

"A lively, frugal-chic answer to the question "Make or Buy" about 120 different food staples"--

The definitive guide to nondairy milks—the first comprehensive cookbook demystifying milk alternatives—here's how to make and customize all types of vegan milks, with one hundred delicious recipes and handy comparison charts, tips, and guidance for choosing the right dairy-free milks for cooking and baking. Got (non-dairy) milk? Whether you're paleo, vegan, lactose intolerant, kosher, or just plain adventurous in the kitchen, your non-dairy options now encompass far more than soy, coconut, and almond milks. Consider grain milks, such as oat and amaranth; nut milks, such as cashew and hazelnut; and seed milks, such as sunflower and hemp. Which ones bake the best biscuits? Complement your coffee? Make your mashed potatoes as creamy as mom's? The New Milks has the answers. The New Milks is the first bible of milk alternatives, helping you prepare, select, and cook with all varieties. With helpful charts comparing the texture, nutritional content, taste, and best uses for each milk, plus one hundred flavorful recipes, cooking and baking with non-dairy milks has never been easier! The first section of the book provides instructions for making an incredible range of non-dairy milks, followed by suggestions for use. Then, dive into recipes for breakfast, lunch, and dinner; sweets and breads; and smoothies and drinks. Each recipe calls for the ideal type of non-dairy milk, and most list alternates, so you can tweak them for your dietary needs and taste preferences. From "Buttermilk" Almond Waffles with Warm Berry Agave Sauce, to Mexican Chocolate Pudding, to Avocado-Basil Smoothies, every recipe is dairy-free, all but two are kosher, the vast majority are vegan, and most are gluten-free. Who needs the milkman when the alternatives are so much fun?

Amazingly delicious and beautiful gluten-free, grain-free, dairy-free, and refined sugar-free desserts from the popular Bakerita blog Rachel Connors began her blog as a hobby to share baking recipes with friends, but when she started to focus more on gluten-free, paleo, and vegan recipes to make things she could share with her sister, who was following a strict diet due to health concerns, Rachel quickly realized she was onto something. Bakerita surged in popularity as fans flocked to it for delicious and beautifully photographed recipes. Interest in gluten-free, grain-free, dairy-free, and refined sugar-free foods continues to grow in popularity, yet there are remarkably few books available focused just on desserts, and even fewer with recipes that even beginner bakers can make at home. That's where Bakerita comes in, offering recipes for everything from breakfast treats like Lavender-Lemon Raspberry Scones, pies and tarts such as Chocolate Mousse Pie, cakes including Mocha Chip Cheesecake, and updated all-time favorites like chocolate chip cookies, all made without any hard-to-find ingredients.

"Cooking with nuts is trending up as home cooks realize the health and culinary benefits of this simple and accessible ingredient. Whether it's introducing nuts to a fresh salad or whipping up a flavored roasted cashew-almond butter—the 50 recipes in this beautifully photographed cookbook show off the savory and sweet possibilities of nuts in the kitchen. The book will focus on the ten most commonly available nuts—almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, and walnuts. Included will be nut butters, nut milks (almond milk is easier than you think), snacks (trail mix and more), savory entrees (e.g., Pasta with Pistachio Gremolata), and desserts (Pecan Pie Empanadas and Bacon & Peanut Brittle, anyone?). Eating healthy never tasted so good."

Think outside the jar with delicious nut butters! Nut Butter Universe is a culinary treasure filled with creative ways to make luscious, protein-rich

recipes for breakfast, lunch, dinner, dessert, and snacks. These recipes use delectable butters made from cashews, Brazil nuts, macadamias, chestnuts, almonds, peanuts, and more. Just a small amount of nut butter can add great texture, flavor, and nutrition to your meals. Here are just a few of Robin's mouth-watering recipes, all enriched by delicious nut and seed butters: Artichoke Walnut Butter Bisque Roasted Tahini Cauliflower Pistachio Butter Biscotti Chestnut and Winter Vegetable Pot Pie Pecan Butter Waffles Penne with Avocado Cashew Cream Grilled Peanut Butter Banana Sandwich Pineapple Coconut Cheesecake Chocolate Macadamia Truffles Apple-Almond Butter Crumble There are recipes for making your own nut butters and options for those with nut allergies. The book also contains an informative Foreword by nutrition expert and bestselling author, Julianna Hever, which explains the health benefits of nuts and nut butters. In addition, the recipes are clearly marked as being gluten-free or soy-free. Also includes helpful indexes, fun facts, and 8-page color photo insert.

The first fully tested cookbook for Instant Pot's original Ace Multi-Use Cooking and Beverage Blender offers an indispensable collection of 68 recipes that show how to harness this revolutionary high-speed blender (that also cooks) to produce hot soups and stews, mains and sides, dips and spreads, sauces, frozen treats, and more; all without using the stovetop. All of the recipes were developed using Instant Pot's first cooking blender, the Ace Blender. With the introduction of Instant Pot's Ace Plus Blender, we went back and retested our recipes. If you own the Ace Plus you can still make all of the recipes in this book by checking the adjustments found at [www.americastestkitchen.com/aceblenderbook](http://www.americastestkitchen.com/aceblenderbook). Produce piping-hot butternut squash soup and Mexican chicken soup using the revolutionary "soup" function. Then venture beyond soups to make easy meals such as chicken cacciatore, Indian vegetable curry, and ground beef chili. You'll also find:

- Treats and frozen desserts like Banana Ice Cream, Grapefruit-Elderberry Sorbet, and Dark Chocolate Mousse
- Party-ready dips and sauces, including Herbed Spinach Dip, Easy Blender Smoky Tomato and Green Pepper Salsa, Arugula and Ricotta Pesto, and Marinara Sauce
- Effortless sides, such as Spicy Zoodles Marinara and Creamy Mashed Cauliflower
- Refreshing drinks, from Oat Milk with Ginger and Turmeric to Watermelon-Lime Aguas Frescas and Frozen Margaritas

Filled with the best tips and techniques the test kitchen discovered while developing these recipes, this is the book every Ace Blender owner needs to get the most out of this game-changing appliance.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cook-

book includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

"100 gluten-free, vegan recipes"--Cover.

Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

More than 150 plant-based, gluten-free, soy-free recipes! No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health. If you're transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether you're a meat-eater or a vegan. YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbook—it's a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat. Fans of YumUniverse.com, Heather's inspirational food website, and new readers alike will discover recipe goodness like her Fig & Caramelized Onion Tart and Almond-Cardamom Cream Chia Pudding with Fresh Berries, as well as divine desserts like Mexican Unfried Ice Cream and Chocolate & Salted Caramel Stack Cake. A plant-powerful, gluten-free lifestyle is delicious and doable. So, say "goodbye" to the dieting roller coaster and embrace a long-term wellness adventure with tasty, healthy, plant-inspired cuisine.