

CRUELTY-FREE PLANT-BASED MILK & YOGURT.

by Maha Laxmi - Mahavegan01@gmail.com

Vegan Milk

- 1 Cup Nuts or oats soaked in water for 3 hours
- 3-4 cups water depending on desired thickness
- 2 medjool dated soaked (or any sweetener of your choice)
- 2 Tablespoons AMYLASE Powder for Oatmilk only (reduces sliminess)

1. Drain nuts. Add dates & water & blend.
2. Using a fine strainer with or without a cheesecloth, strain the milk.
3. Enjoy in cereal, coffee, tea, baking, ice-cream making, etc

Vegan Yogurt

- 1 Cup Nuts soaked in water for 3 hours
- 2-3 cups water (desired thickness)
- 2 Capsules Probiotics
OR 1/3 cup commercial vegan yogurt with active cultures
OR previous vegan yogurt you made that has live active cultures.
Green Chili (optional)

1. Drain nuts. Add water & blend.
2. Using a fine strainer with or without a cheesecloth, strain the milk.
3. Pour milk in to non-metal container.
4. Open Capsules & stir in Probiotics (or pre-made yogurt)
5. Add green chili to enhance fermenting.
6. Ferment in 80°F for 24 hrs or till tangy.
7. Enjoy ANYWHERE Yogurt is called.

Modern Humans have been around for 300,000 years.

Milk has been around only around 10,000 years originating in Northern Europe & spreading regionally..

However 3 / 4 of the world, not accustomed to milk, is LACTOSE INTOLERANT.

Dairy is bad for our bodies. It Causes heart diseases, diabetes & cancers.

To produce milk a Cow has to have had a baby, a calf.

To have a baby, a Cow has to be pregnant.

To get pregnant, farmers RAPE the Cow and artificially inseminate her forcibly.

Once the calf is born, he/she is removed from Momma IMMEDIATELY !

While Momma's mourning the loss of her baby, her nipples are machined to extract her Colestrum & milk for Human consumption.

Male Calves are slaughtered in 6 weeks for VEAL.

Female Calves become dairy calves in 10-15 months.

During her lifetime a Cow has 10-15 calves that she's forced to give up.

Then at menopause, she is sent to slaughter.

PS: GAUSHALA is NOT the answer ! DO THE MATH !

Cow Population has to grow for milk to flow.

Where does the population go?

Sold for slaughter !

Milk Industry = Veal Industry = Leather Industry = Meat Industry = HELL !!!

Plant-Based Milk Match Up

Milk isn't just from farm animals anymore. Almonds, cashews, hemp, and even peas are crowding out cows. With all the options, how do you choose? We're here to help.

● = highest nutritional value ● = average nutritional value ● = lowest nutritional value

	Calories	Sugar	Protein	Fat
 Almond Milk Silk Unsweetened	● ○ ○ (30)	● ○ ○ (0g)	○ ○ ● (1g)	● ○ ○ (2.5g)
 Cashew Milk Silk Unsweetened	● ○ ○ (25)	● ○ ○ (0g)	○ ○ ● (<1g)	● ○ ○ (2g)
 Coconut Milk Silk Unsweetened	● ○ ○ (40)	● ○ ○ (<1g)	○ ○ ● (0g)	○ ● ○ (4g)
 Flax Milk Good Karma Unsweetened	● ○ ○ (25)	● ○ ○ (0g)	○ ○ ● (0g)	● ○ ○ (2.5g)
 Hemp Milk Pacific Natural Foods Unsweetened Original	○ ● ○ (70)	● ○ ○ (0g)	○ ● ○ (3g)	○ ○ ● (5g)
 Oat Milk Oatly	○ ○ ● (120)	○ ○ ● (7g)	○ ● ○ (2g)	○ ○ ● (5g)
 Pea Milk Ripple Unsweetened Original	○ ● ○ (70)	● ○ ○ (0g)	● ○ ○ (8g)	○ ○ ● (4.5g)
 Quinoa Milk Suzie's Unsweetened Plain	○ ● ○ (70)	○ ● ○ (5g)	○ ● ○ (2g)	● ○ ○ (1g)
 Rice Milk Rice Dream Unsweetened Original Enriched	○ ● ○ (70)	● ○ ○ (<1g)	○ ○ ● (0g)	● ○ ○ (2.5g)
 Soy Milk Silk Original	○ ○ ● (110)	○ ● ○ (6g)	● ○ ○ (8g)	○ ○ ● (4.5g)
 1% Milk Horizon Organic Lowfat	○ ○ ● (110)	○ ○ ● (12g)	● ○ ○ (8g)	● ○ ○ (2.5g)

For comparison!



Keep in mind:

When adding any flavor to non-dairy milk, calories and sugars will be added, too. For the table above, all milks are unsweetened.



A GUIDE TO MAKING

NUT + SEED MILK



FROMMYBOWL.COM

NUT/SEED	SOAK?	BLENDER	STRAIN?
ALMONDS	OPTIONAL	HIGH-SPEED ONLY	YES
CASHEWS	OPTIONAL	HIGH-SPEED OR BULLET	RECOMMENDED
WALNUTS	OPTIONAL	HIGH-SPEED ONLY	YES
PECANS	OPTIONAL	HIGH-SPEED ONLY	RECOMMENDED
HAZELNUTS	OPTIONAL	HIGH-SPEED ONLY	YES
PEANUTS	OPTIONAL	HIGH-SPEED ONLY	RECOMMENDED
PISTACHIOS	OPTIONAL	HIGH-SPEED ONLY	YES
BRAZIL NUTS	OPTIONAL	HIGH-SPEED ONLY	YES
MACADAMIAS	OPTIONAL	HIGH-SPEED ONLY	RECOMMENDED
HEMP HEARTS	NO	HIGH-SPEED OR BULLET	NO
PUMPKIN SEEDS	OPTIONAL	HIGH-SPEED OR BULLET	NO
COCONUT FLAKES	NO	HIGH-SPEED ONLY	RECOMMENDED

BASIC NUT MILK RECIPE:

1. Soak your nuts or seeds for 4 to 12 hours, if you choose to
2. Place the nuts in a high-speed or bullet blender with 4 cups of filtered water, a pinch of salt, and any add-ins to taste
3. Blend on high for 90 seconds
4. Strain the milk through a fine mesh strainer into a large bowl, then transfer into a glass jar with a lid and refrigerate
5. Use as desired. Milk will stay fresh for 3 to 5 days



BEFORE YOU BLEND...

SOAKING

nuts and seeds helps to increase their nutrient bioavailability and make them more easily digestible, but is totally optional

CREAMINESS

is determined by the nut-to-water ratio and follows this scale:

	NUTS / SEEDS
LIGHT	1/4 cup
REGULAR	1/2 cup
CREAMY	1 cup
EXTRA CREAMY	1 1/2 cups
ULTRA CREAMY	2 cups

NEED HELP?

head over to bit.ly/how-to-nut-milk for more info!



OPTIONAL ADD-INS:

LIQUID SWEETENER
 PITTED DATES
 COCONUT SUGAR
 CINNAMON
 VANILLA EXTRACT
 CACAO POWDER

..... for flavor for sweetness