



NUT MYLK RECIPES

Mylking It

KUVINGS JUICER





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Introduction

Welcome to **"Myiking It: Nut Mylk Delights with Kuvings Juicers"**!

Are you ready to embark on a delightful journey of culinary exploration? If you're someone who values the goodness of nature, appreciates the simplicity of homemade, and wants to make healthier choices, you're in the right place.

In this ebook, we're about to uncover the secrets of crafting exquisite nut mylks using the power of Kuvings Juicers.

At first glance, you might think that nut mylks are just another trendy fad. But in reality, they're a timeless tradition with an exciting twist. Nut mylks have been cherished for centuries for their rich, creamy textures and unique flavors. They're versatile, offering a fantastic alternative to dairy while being packed with nutrients and love from the Earth.

The Kuvings Juicer line is designed to preserve the essence of nuts, seeds, and other ingredients while extracting every drop of deliciousness.

In the pages that follow, you'll find a treasure trove of recipes featuring various nuts, seeds, and creative combinations.

Whether you're a seasoned chef or an aspiring home cook, there's something here for everyone. From classic almond mylk to soy and oat mylks to adventurous macadamia and even exotic chocolate blends, we've got your mylk cravings covered.

The step-by-step instructions are easy to follow, and the ingredients are readily available, so you can whip up your favorite nut mylk whenever the mood strikes. But that's not all – we've also included tips and tricks to enhance the flavours and storage suggestions.

This ebook is a celebration of wholesome living, sustainability, and the joy of experimentation in the kitchen.

So, grab your Kuvings Juicer and get ready to discover a world of flavors, one sip at a time.

Happy Creating!

Almond Mylk



MAKES 1 CUP

Ingredients

- 1 cup almonds (soaked overnight)
- 250ml filtered water
- 1 pitted medjool date (optional)

Directions

1. Soak the almonds overnight
2. Discard the water.
3. With the standard juice strainer fitted and the smart cap closed, add a handful of nuts, the pitted date and some water to the juicer until everything has been added.

Notes

- If you want a thicker almond mylk, use less water.
- If you haven't got time to soak nuts overnight, use hot water for 20-30mins.
- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.

Video

- <https://vimeo.com/741731154>



Rice Mylk



MAKES 3 CUPS

Ingredients

- 1 cup cooked rice (brown/white)
- 3 cups filtered water
- 2 medjool dates

Directions

1. Cook the rice first.
2. With the standard juice strainer fitted and the smart cap closed, add a handful of cooked rice, the pitted date and some water to the juicer until everything has been added.

Notes

- If you want a thicker rice mylk, use less water.
- You can use brown or white rice.
- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.

Video

- <https://vimeo.com/774018734>



Cashew Mylk



MAKES 2 CUPS

Ingredients

- 1 cup soaked cashew nuts
- 2 cups filtered water

Directions

1. Soak the cashews overnight
2. Discard the water.
3. With the standard juice strainer fitted and the smart cap closed, add a handful of nuts and some water to the juicer until everything has been added.

Notes

- If you want a thicker cashew mylk, use less water.
- If you haven't got time to soak nuts overnight, use hot water for 20-30mins.
- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.

Video

- <https://vimeo.com/727609549>



Pecan Mylk



MAKES 2 CUPS

Ingredients

- 1 cup pecans (soaked overnight)
- 2 cups filtered water

Directions

1. Soak the pecans overnight
2. Discard the water.
3. With the standard juice strainer fitted and the smart cap closed, add a handful of nuts and some water to the juicer until everything has been added.

Notes

- If you want a thicker pecan mylk, use less water.
- If you haven't got time to soak nuts overnight, use hot water for 20-30mins.
- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.

Video

- <https://vimeo.com/774071496>



Hemp Mylk



MAKES 2 CUPS

Ingredients

- 1 cup hemp seeds (soaked overnight)
- 500ml filtered water
- 2 dates (pitted)
- 1 tsp vanilla
- ½ tsp cinnamon

Directions

1. Soak the hemp seeds overnight
2. Discard the water.
3. With the standard juice strainer fitted and the smart cap closed, add a handful of hemp seeds, the pitted date and some water to the juicer until everything has been added.
4. Finally, stir the vanilla and cinnamon in at the end.

Notes

- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.

Video

- <https://vimeo.com/773642085>



Soy Mylk



MAKES 2 CUPS

Ingredients

- 1 cup soybeans
- 1 cup water, plus more for soaking and cooking
- Sweeteners, such as dates, pear, raw honey, agave syrup, or maple syrup (optional)

Directions

1. Soak the soybeans in water overnight, then discard water and place into a saucepan and cover with fresh water and cook over medium heat for 7-10 mins until tender. Let cool and discard the water.
2. With the standard juice strainer fitted, place half the beans and half water and repeat until finished.
3. Sweeten to taste.

Notes

- This will store in the fridge for a few days in a glass bottle.
- Add pear, honey, agave, maple or dates to sweeten as you need.
- You can pour the juiced mylk back through the juicer for a creamier mylk



Oat Mylk



MAKES 2 CUPS

Ingredients

- 1 cup soaked oats
- 2 cups filtered water
- 1 tbsp maple syrup (optional)

Directions

1. Soak the oats in water overnight, strain oats and discard the water.
2. With the standard juice strainer fitted, place a pulp strainer into the jug (or nut milk bag) close the smart cap and add half the soaked oats with half of the water and repeat until finished.
3. Add maple syrup (if using) before opening smart cap and releasing the mylk.

Notes

- You will need to strain through a pulp sieve or nut bag to remove the slimy starch.
- This will store in the fridge for a few days in a glass bottle.
- Without any stabilizers or emulsifiers, unlike store-bought oat milk, the milk will separate in the fridge. This is normal. Just give it a good shake before drinking.
- Pour the homemade oat milk into an airtight bottle and store it in the fridge for up to a week.
- Add the leftover oat pulp to cookies or to a smoothie.



Sunflower Seed Mylk



MAKES 2 CUPS

Ingredients

- 1 cup soaked sunflower seeds
- 2 cups filtered water
- 1 tbsp maple syrup
- 1 pinch sea salt

Directions

1. Soak the sunflower seeds overnight
2. Discard the water.
3. With the standard juice strainer fitted and the smart cap closed, add a handful of sunflower seeds and some water to the juicer and repeat until everything has been added.
4. Finally, stir the salt and maple syrup in at the end.

Notes

- Use the pulp sieve over the jug as you are juicing to produce a super-fine mylk.
- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.



Chocolate Pecan Mylk



MAKES 1 CUP

Ingredients

- 1 cup pecans (soaked)
- 250ml filtered water
- 2 tbsp cacao
- 2 tbsp maple syrup
- pinch salt

Directions

1. Soak the pecans overnight
2. Discard the water.
3. Make the chocolate syrup by whisking the cacao, maple syrup and salt together
4. Pour over the nuts and mix to coat
5. Add spoonful's at a time to the juicer, alternating with water until all of the nuts and water has been added.

Notes

- Adjust cacao and maple syrup to suit your rich/sweet tastes.
- If you want a thicker chocolate mylk, add less water
- If you haven't got time to soak nuts overnight, use hot water for 20-30mins.
- To increase the amount of mylk made, just double/triple the recipe.
- This will store in the fridge for a few days in a glass bottle.

Video

- <https://vimeo.com/731241501>



Nature's Mylk



MAKES 1 CUP

Ingredients

- 1 cup almonds (soaked)
- 250ml filtered water
- 2 dates (pitted)
- ½ sweet potato (cut up into small pieces)
- 2cm ginger
- 1 carrot
- ¼ tsp vanilla
- pinch salt

Directions

1. Soak the almonds overnight and discard the soaking water.
2. With the cap closed, add a handful of nuts, pitted dates and some water to the juicer until all of the nuts and water have been added.
3. Release the mylk, close the cap and then add your sweet potato, ginger, carrot to the juicer.
4. Release the juice into your nut mylk and stir salt and vanilla into it.

Notes

- This will store in the fridge for a few days in a glass bottle.

Video

- <https://vimeo.com/741731154>



Moon Mylk



MAKES 2 CUPS

Ingredients

- 1 cup soaked cashew nuts
- 250ml filtered water
- 2 dates (pitted)
- 1 pomegranate (seeds only)

Directions

1. Soak the cashews overnight
2. Discard the water.
3. With the standard juice strainer fitted and the smart cap closed, add a handful of nuts, the pitted dates and the seeds of the pomegranate with some water to the juicer until everything has been added.

Notes

- If you want a thicker moon mylk, use less water.
- If you haven't got time to soak nuts overnight, use hot water for 20-30mins.
- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.

Video

- <https://vimeo.com/730882066>



Red Macadamia Mylk



MAKES 1 CUP

Ingredients

- 1 cup macadamia (soaked overnight)
- 250ml filtered water
- 10 cherry tomatoes
- 1 red capsicum
- 1 spring onion

Directions

1. Soak the macadamia's overnight and discard the soaking water.
2. With the cap closed, add a handful of nuts and some water to the juicer until all of the nuts and water have been added.
3. Release the mylk, close the cap and then add your capsicum, cherry tomatoes and spring onion.
4. Release the red juice into your nut mylk.

Notes

- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.

Video

- <https://vimeo.com/754144118>



Green Mylk



MAKES 2 CUPS

Ingredients

- 1 cup mixed nuts (almonds, brazil, cashew)
- 1 cup water
- 3 kale leaves
- 2 spinach, handfuls
- 1 cucumber
- 1 apple

Directions

1. Soak the mixed nuts overnight and discard the soaking water.
2. With the cap closed, add a handful of nuts and some water to the juicer until all of the nuts and water have been added.
3. Release the mylk, close the cap and then add your kale leaves, spinach, cucumber and apple to the juicer.
4. Release the green juice into your nut mylk.

Notes

- The nut meal can be used to sprinkle onto salads, fresh fruits, or added to smoothies, for a nutritional boost.
- This will store in the fridge for a few days in a glass bottle.
- To increase the amount of mylk made, just double/triple the recipe.



Thank You...



As we reach the final chapter of our nut mylk journey, we're excited to offer you our heartfelt thanks for embarking on this flavour-filled adventure with us.

Just as we've explored the art of crafting wholesome nut mylks, we've also uncovered the beauty of customization and the pure joy of embracing a healthier lifestyle.

We understand the value of making your own nut mylk, controlling your ingredients, and savoring the goodness of each sip. It's a small step toward a healthier, more sustainable you.

We hope the recipes in our **'Mylking It'** eBook have not only been a source of inspiration but also a tool for your culinary exploration, leading to delicious and nutritious creations.

Keep exploring, keep creating, and above all, keep sipping those creamy, homemade nut mylks that reflect your unique tastes and values.

Your journey to a healthier, more flavourful lifestyle has just begun!

Cheers to a world of nut mylk possibilities, and here's to your health and happiness!

Kuvings
Making Juicing Easy