

The Udderly Delicious NoMooz Nut Milk Bag Recipe Book

by NoMooz



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The Basics

1. Soak Your Nuts!

Soaking your nuts will help make them easier to blend in your blender by making them softer. It also allows you to absorb more nutrients from the nuts because you can digest them more easily. Soaking them for longer is better, however anywhere between 10-24 hours would be sufficient. If you're in a big hurry to get your nut milk, you can always try a shorter time.

2. Clean Your Nut Milk Bag!

The first thing you need to do is ensure your nut milk bag is clean. To do this, turn the nut milk bag inside out and run water through it. Make sure you get all the little bits and pieces that may be stuck to the bag to wash off as you're running water through it.

3. Strain Your Nuts!

Who wants to use old water that your nuts have been soaking in? We don't know many ... so strain your nuts please! Remove all the water they've been soaking in to get them ready for nut milk goodness.

4. Into the Blender They Go!

Put your soaked nuts, along with any additional flavors you wish to add, into your blender. Also add 4 cups of water to the mix. We love to add vanilla and strawberry juice but that's mostly because our kids drink it like it's going out of style. Blend until you have a nice thick concoction of nut sludge.

5. Make Your Nut Milk Bag and the Container Friends!

Place your new NoMooz Nut Milk Bag into your jar/container by opening it up and stuffing it in, leaving the top of the nut milk bag outside and over the jar.

6. Say Hello to Your Little Friend! Errr... That Is... Your New Nut Milk!

Pour your nut milk mix slowly into the nut milk bag, taking care not to pour too fast. If you do pour too fast, you may need to have some paper towel handy for any mess you may have to clean up! Lift the nut milk bag slightly out of the jar and squeeze it until every last drop of nut milk goodness is left in the jar! Squeeze like you were milking a cow, and in this case the cows are thanking you believe us! There is a reason why our cow is so happy!

7. Refrigerate!

We like our nut milk super cold, and we think you will too! Your nut milk should last about 4-6 days in the fridge, however you will need to shake it before each serving as it does settle!

We hope you enjoy your new NoMooz Nut Milk Bag as much as we do! Our kids use it all the time and can't get enough of trying out new flavors all the time.

Almond Milk



Almond milk is great for cereals, desserts, and savory-sweet dishes. Almonds are an alkaline nut, and one serving provides 1/3 of your daily dose of vitamin E.

Ingredients

- 4 cups water
- 1 cup almonds, soaked overnight and rinsed
- 2 tbsp agave nectar
- 1 tsp vanilla extract, or vanilla seeds scraped from bean
- 1/8 tsp kosher salt

Directions

1. Add water and soaked almonds to the blender jar in order listed and secure lid.
2. Blend for at least 1 minute.
3. Strain milk through the Nomooz Nut Milk Bag to remove almond skins and pulp.
4. Rinse blender jar, place strained almond milk back in jar with remaining ingredients and secure lid.
5. Press "Pulse" 3–5 times on the blender to combine thoroughly.
6. Serve or store in refrigerator.

Nutritional Information

Servings 4.0

Sodium 150 mg

Serving Size 8 fl oz

Carbohydrates 8 g

Calories 60

Fiber 1 g

Fat 2.5 g

Sugar 7 g

Saturated Fat 0 g

Protein 1 g

Cholesterol 0 mg

Cashew Milk



Cashew milk tastes great in smoothies, baked items, or cereals.

Ingredients

1 cup cashews, soaked overnight and rinsed

4 cups water

1 tbsp agave nectar

Directions

1. Add ingredients to the blender in order listed and secure lid. Blend for at least 1 minute.
2. Serve or store in refrigerator.

Nutritional Information

Servings 4.0

Sodium 35 mg

Serving Size 8 fl oz

Carbohydrates 14 g

Calories 190

Fiber 1 g

Fat 14 g

Sugar 6 g

Saturated Fat 2.5 g

Protein 6 g

Cholesterol 0 mg

Steamed Hazelnut Milk



No need to pay for this steamy drink at the coffee shop as you can make it quickly in your own kitchen.

Ingredients

2 cups nut milk or low-fat milk

1 tsp vanilla extract

1 1/2 tbsp hazelnuts, or 1 tsp hazelnut syrup

1 tbsp brown sugar, (or your choice of sweetener)

Directions

1. Add ingredients to jar in order listed and secure lid.
2. Blend for two full cycles, or blend on a high speed for 180 seconds.

Nutritional Information

Servings 2.0

Sodium 110 mg

Serving Size 9 fl oz

Carbohydrates 21 g

Calories 170

Fiber 1 g

Fat 6 g

Sugar 21 g

Saturated Fat 2 g

Protein 9 g

Cholesterol 10 mg

Coconut Milk



Nothing can compare with the subtleties of fresh coconut milk.

Ingredients

1 mature coconut, drained, cracked and meat removed

4 cups of water

Directions

1. First, drain coconut water from coconut by finding soft eye and pushing small knife into soft eye. Drain coconut water from soft eye into bowl, and set aside for future use in smoothies or when blending coconut meat.
2. Next, secure coconut with one hand. With other hand, carefully hit coconut using hammer or blunt edge of knife along natural fault line between two ends of coconut. Continue hitting and turning coconut along its fault line until it cracks open.
3. To remove meat, use a hand-held coconut grater, a seated grater, or a countertop grater. Or, soak coconut halves in water for 5–10 minutes and wedge knife between meat and shell to separate them.
4. Rinse coconut meat pieces with water. Add 2 cups water and $\frac{1}{2}$ coconut meat to the blender jar. Strain by pouring contents into mesh strainer lined with the nut milk bag. Allow milk to drain for a few minutes, and then gather ends of the bag and squeeze it to extract as much liquid as possible. Repeat process with other half of coconut meat.

Nutritional Information

Servings 4.0

Sodium 15 mg

Serving Size 8 fl oz

Carbohydrates 7 g

Calories 80

Fiber 1 g

Fat 5 g

Sugar 6 g

Saturated Fat 5 g

Protein 1 g

Cholesterol 0 mg

Blueberry Oatmeal Smoothie



Hearty and flavorful, this filling vegan smoothie has more than 20% of your daily recommended fiber.

Ingredients

- 1 cup unsweetened almond milk
- 1/2 banana
- 1/4 cup rolled oats, dry
- 2 tbsp raw almonds
- 1/2 tsp stevia (1 packet)
- 1 cup frozen blueberries

Directions

1. Add ingredients to the blender jar in order listed and secure lid.
2. Blend on a Low speed for 10 seconds, then a Medium to Medium-Low speed for 10 seconds, then Medium to Medium-High speed for 40 seconds.

Nutritional Information

Servings 2.0

Sodium 70 mg

Serving Size 10 fl oz

Carbohydrates 25 g

Calories 170

Fiber 5 g

Fat 7 g

Sugar 11 g

Saturated Fat 0 g

Protein 4 g

Cholesterol 0 mg

Apple Pie Smoothie



Get the apple pie taste without the time and prep work with this dessert smoothie.

Ingredients

- 2 large apples, cored & quartered
- 1 cup unsweetened almond milk
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground ginger
- 1/16 tsp ground cloves
- 1 frozen banana, quartered
- 1 cup ice cubes
- 2 pitted dates, or 1-2 tsp honey (optional)

Directions

1. Add ingredients to the blender jar in order listed and secure lid.
2. Blend on a Medium speed for 50-60 seconds.
3. Garnish with whipped cream and sprinkled ground cinnamon.

Nutritional Information

Servings 4.0

Sodium 45 mg

Serving Size 7 fl oz

Carbohydrates 27 g

Calories 120

Fiber 4 g

Fat 1 g

Sugar 19 g

Saturated Fat 0 g

Protein 3 g

Cholesterol 0 mg

Peanut Butter Protein Shake



If you're working on building muscle or bringing weight up to suggested levels, this high-protein shake is just for you!

Ingredients

- 1 1/2 cups whole milk
- 1 ripe avocado
- 2 tsp peanut butter
- 1/4 cup raw cashews
- 3 tbsp honey
- 2 scoops chocolate protein powder
- 8 ice cubes

Directions

1. Place all ingredients in the blender jar in order listed and secure lid.
2. Blend on a Medium speed for 50-60 seconds.
3. Serve immediately or refrigerate for later use.

Nutritional Information

Servings 3.0

Sodium 170 mg

Serving Size 10 fl oz

Carbohydrates 34 g

Calories 400

Fiber 5 g

Fat 21 g

Sugar 26 g

Saturated Fat 6 g

Protein 23 g

Cholesterol 50 mg

Chocolate Peanut Butter Smoothie



A great smoothie for breakfast to start the day right or satisfy your chocolate cravings during the day!

Ingredients

- 1/2 cup milk
- 1 1/2 tbsp peanut butter
- 1 tbsp honey
- 1/2 tbsp cocoa powder
- 1 banana
- 1 cup ice cubes

Directions

1. Add ingredients to the blender jar in order listed and secure lid.
2. Blend on a Medium Low speed for 30 seconds.

Nutritional Information

Servings 1.0

Sodium 160 mg

Serving Size 16 fl oz

Carbohydrates 56 g

Calories 360

Fiber 5 g

Fat 13 g

Sugar 40 g

Saturated Fat 3 g

Protein 12 g

Cholesterol 5 mg

Chocolate Covered Strawberry Smoothie



So decadent, you would never know this is a green smoothie!

Ingredients

8 fl oz unsweetened almond milk (or milk of choice)

2 tbsp unsweetened cocoa powder

1/2 cup fresh spinach

1 tsp chia seeds

1 tbsp honey (or sweetener of choice, to taste)

6 whole strawberries

1 cup ice cubes

Directions

1. Add ingredients to the blender jar in order listed and secure lid.
2. Blend on a Medium Low speed for 50-60 seconds.

Nutritional Information

Servings 2.0

Sodium 80 mg

Serving Size 10 fl oz

Carbohydrates 17 g

Calories 90

Fiber 4 g

Fat 3 g

Sugar 11 g

Saturated Fat 0 g

Protein 2 g

Cholesterol 0 mg

Brazil Nut Smoothie



This delicious taste of the tropics is packed with some of the healthiest foods on the planet.

Ingredients

- 1 1/4 cups water
- 1/2 tsp bee pollen
- 1 tbsp unrefined, organic coconut oil
- 1 tbsp golden flaxseeds
- 2 tbsp Brazil nuts
- 1 banana
- 2 cups greens (chard, spinach and/or kale)
- 3/4 cup frozen pineapple chunks
- 3/4 cup frozen mango chunks
- 1 tsp spirulina powder

Directions

1. Add first 5 ingredients to the blender jar and secure lid. Blend on a Medium Low speed for 50 seconds.
2. Add remaining ingredients and secure lid. Blend on a Medium High speed for 50-60 seconds.

Nutritional Information

Servings 2.0

Sodium 70 mg

Serving Size 12 fl oz

Carbohydrates 46 g

Calories 305

Fiber 8 g

Fat 12 g

Sugar 25 g

Saturated Fat 7 g

Protein 7.5 g

Cholesterol 36 mg

Join the Mooovement!

There are a lot of tired, over-milked cows out there and they deserve a break! So on behalf of all burnt-out cows everywhere, thank you for sticking it to the milkman by purchasing the NoMooz Nut Milk Bag!

Please help us spread the word about our nut milk bags and get more people to join the mooovement by:

Liking our [Facebook page](#).

If for some reason you don't have a NoMooz Nut Milk Bag, do something wonderful for your health, your wallet, and cows everywhere by buying from our listing.

If you have any questions, comments or suggestions, please feel free to contact us through NoMooz.net.