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Vegan Milk: 22 Delicious Varieties for Super Easy Homemade Non-Dairy Milks (Paleo, Vegan, Plant Based, Weight Loss, Lactose intolerance)

Briana Young

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Vegan Milk: 22 Delicious Varieties for Super Easy Homemade Non-Dairy Milks (Paleo, Vegan, Plant Based, Weight Loss, Lactose intolerance) Briana Young
For anyone considering going vegan, the prospect of going without dairy milk can be a tough one. Especially given most of the populations fixation on a morning coffee. In this book you will learn how to prepare healthy, homemade plant based milk.

Almond Milk
Cashew nut milk
Brazil nut milk
Macadamia Milk
Hazelnut Milk
Pistachio Milk
Pecan Milk
Coconut Milk
Hemp Milk
Soy Milk
Pumpkin Seed Milk
Sesame seed Milk
Sunflower Seeds
Sacha Inichi Seed Milk
Quinoa Seed Milk
Flax Seed Milk
Millet Milk
Oat Milk
Rice Milk
Banana Milk
Walnut Milk
Buckwheat Milk
Peanut Milk
Chia Milk
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