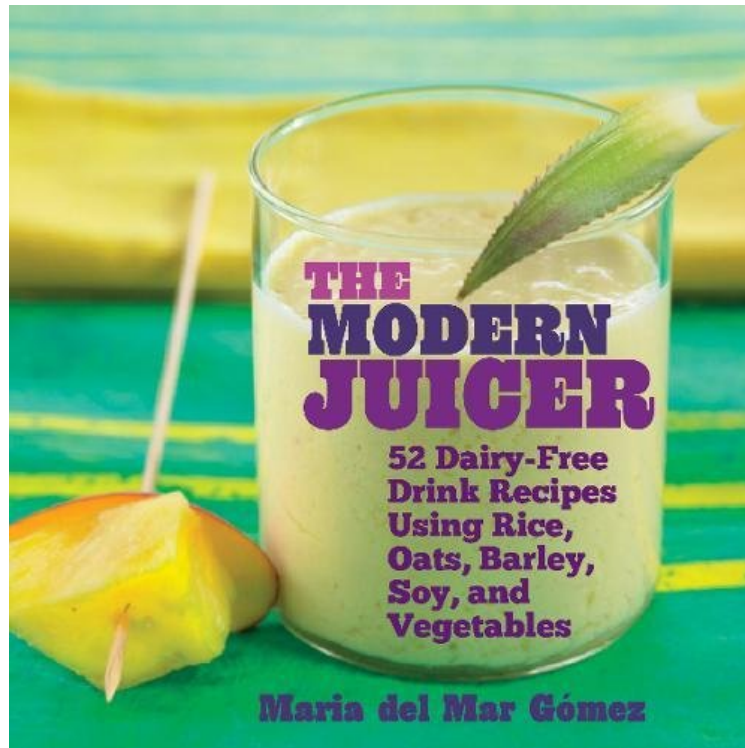


The Modern Juicer: 52 Dairy-Free Drink Recipes Using Rice, Oats, Barley, Soy, and Vegetables

Maria del Mar Goacutemez

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Maria del Mar Goacutemez : The Modern Juicer: 52 Dairy-Free Drink Recipes Using Rice, Oats, Barley, Soy, and Vegetables before purchasing it in order to gage whether or not it would be worth my time, and all praised The Modern Juicer: 52 Dairy-Free Drink Recipes Using Rice, Oats, Barley, Soy, and Vegetables:

2 of 2 people found the following review helpful. confusingBy JennThe cookbook has a variety of delicious looking non-dairy drinks I wanted to try because I'm lactose intolerant but when I set out to actually make a recipe I had too many questions to complete it. Are the soy beans supposed to be fresh(frozen) or dried? The oat drinks call for oatmeal rather than oats (steel cut or groat) or rolled oats so I'm thinking of something I can make with leftover cooked oatmeal but then it also mentions soaking so back to thinking uncooked but that leaves the question of what kind since the recipe calls for oatmeal. Rolled? Steel cut? Had questions about the rice for the rice drinks too (cooked/uncooked). The simple clean look deceived me into thinking the directions would be simple and clear, not confusing.

Learn to prepare vegetable milks that are nutritious and delicious! Animal milk is one of the most basic ingredients in many peoplersquo;s diets. But recent studies show us that the consumption of animal milk presents, especially for adults, more problems than advantages. Did you know, for example, that our bodies canrsquo;t process the majority of the calcium that comes from animal milk? Or that the calcium from some vegetables is more appropriate? With this

book, you will learn to prepare, quickly and easily, a large variety of vegetable milks that are as nutritious as they are tasty. Included is information regarding: The benefits of vegetable milksThe best alternatives to sugarHow to prepare rice milks, soy milks, barley milks, oat milks, coconut milks, and almond milksHorchata drinks and other healthy beveragesThe best substitutes for tea and coffeeHow to make malted milksAnd more! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Maria del Mar Gomez is certified in naturopathy, dietetics, and nutrition and collaborates on many forms of media. She also runs vegetarian cooking workshops, in which she teaches students how to prepare vegetable milks, as well as cosmetic workshops, in which she uses plant extracts and other natural products. She has published the book *Jabones y fragancias artesanales*. Maria del Mar Gomez lives in Mexico City, Mexico.