

SALTER®

SINCE 1760

Plant Milk Maker

Recipe Booklet



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Plant Milk Cheat Sheet

Try the suggestions below or get creative with homemade inventions!

1. Choose the base



Almond



Coconut



Hazelnut



Cashew



Pistachio



Oat



Tiger Nut



Pecan



Macadamia

NOTE: Remember to soak any base ingredients for at least 12 hours to improve the consistency of the plant drink.

2. Add some flavour



Honey



Pitted Date



Coco Powder



Vanilla



Mixed Spice



Maca



Fresh fruit



Coconut oil



Mint

NOTE: Turmeric powder will discolour the jug.

3. Blend with water, tea or coffee

Optional: Blend in blue algae powder for amino acids, calcium and B-vitamins.

Plant Milk Recipes



Macadamia Milk Blend

Base

45 g macadamia nuts, soaked
1 tbsp hemp seeds, shelled

Blend

Water

Almond Milk

Base

50 g almonds, soaked

Flavour

2 pitted dates, chopped
¼ tsp sea salt

Blend

Water

Cashew Cinnamon Milk

Base

140 g cashews, soaked

Flavour

1–2 tbsp maple syrup
1 tbsp cinnamon
2 tsp vanilla extract
¼ tsp sea salt

Blend

Water

Almond Milk Chai

Base

50 g almonds, soaked

Flavour

1 cinnamon stick
2 tbsp maple syrup or sweetener of choice
½ tsp cinnamon
½ tsp ground ginger
½ tsp vanilla extract
¼ tsp ground cardamom
¼ tsp cloves

Blend

Cold Black tea

Hazelnut Cocoa Milk

Base

75 g hazelnuts, soaked

Flavour

2 tbsp cocoa powder
1 tbsp sugar (more to taste)

Blend

Water

Moon Milk

Base

50 g almonds, soaked
2 tbsp desiccated coconut milk

Flavour

1 tsp ground ginger
1 tsp ground cinnamon
1 tsp vanilla extract
1 tsp maca powder
2–3 tsp maple syrup
½ tsp ground nutmeg
½ tsp ground cardamom
Pinch of black pepper

Blend

Water

Iced Vanilla Cold Brew

Base

50 g almonds, soaked

Flavour

2 tbsp maple syrup or sweetener of choice
1 drop vanilla extract
¼ tsp salt (optional)

Blend

Cold brew coffee

To make the cold brew coffee place 100 g of ground coffee into the filter and fill the jug with water. Leave the coffee to soak in the water for at least 10 hours. Remove the coffee grounds and rinse the filter.

Fresh Blueberry Milkshake

Flavour

190 g fresh blueberries
1 tsp maple syrup
½ tsp vanilla extract

Base

Oat milk, made using 40 g of soaked oats
245 g bio-live yoghurt

Blend

Water

The Pink Drink

Base

½ cup desiccated coconut

Flavour

165 g strawberries
1 ½ tbsp sugar
1 tsp acai powder

Blend

Water

Pumpkin Spice Latte

Base

50 g almonds, soaked

Flavour

1 tbsp ground cinnamon
1 tsp ground nutmeg
1 tsp ground ginger
½ tsp ground cloves

Blend

Brewed coffee
4 tbsp pumpkin purée
4 tbsp maple syrup

Plant Pulp Recipes



Black Olive and Almond Pesto

220 g black olives, pitted
60 g almond pulp
30 g fresh basil
15 g parsley
4 tbsp olive oil
2 tbsp tomato purée
2 tbsp balsamic vinegar
Salt and pepper, to taste

Blend together all the ingredients. Once combined, mix in with any desired pasta or as a bruschetta topping.

Creamy Butternut Squash Pasta

Ingredients

400 g butternut squash, cubed
250 g spaghetti or pasta of choice
90 g cashew pulp
30 g fresh sage
2 garlic cloves, diced
1 onion, chopped
1 vegetable stock cube
4 tbsp nutritional yeast
1 tbsp olive oil
Salt and pepper, to taste

Method

Steam or boil the butternut squash for 10–15 minutes until soft. Boil the pasta following the instructions on the packet. Meanwhile, heat the olive oil in a saucepan and fry the sage for 2 minutes or until crispy, then set aside. Fry the onion and garlic until softened and brown. Add the nutritional yeast, butternut squash, cashew pulp, stock cube and 200 ml of pasta water. Blend until smooth. Add more pasta water if the sauce is too thick. Once combined, drain the pasta and add the cooked pasta into the sauce. Top with the fried sage and salt and pepper to taste.

Low Carb Smoky Shepherd's Pie

Base

230 g green lentils, cooked
200 g mushrooms, sliced
100 g sundried tomatoes
90 g walnut pulp
3 garlic cloves, minced
2 carrots, diced
2 sticks of celery, diced
1 onion, diced
500 ml vegetable stock
4 tbsp tomato purée
2 tbsp smoked paprika
Salt and pepper

Topping

125 g Greek plant yoghurt
2 garlic cloves, minced
1 cauliflower head
3 tbsp plant milk
Salt and pepper, to taste

Blend together the walnut pulp, lentils, smoked paprika and sundried tomatoes in a food processor. Fry the walnut mixture in a pan and then add in the onion, carrots, mushrooms, celery and garlic. Meanwhile, stir together the vegetable stock with the tomato purée and season to taste before pouring over the vegetable mixture. Pour the mixture into one large dish or 6 smaller dishes. To make the topping pulse the cauliflower in a food processor and steam until soft. Puree the cauliflower in a food processor and drain through a sieve to remove excess water. Stir in the plant yoghurt, garlic and plant milk and spoon this over the shepherd's pie. Bake at 180 °C for 30–40 minutes until the top is golden brown.

Squash and Cauliflower Gratin

Base

450 g squash, chopped into cubes
1 head of garlic, top removed
1 bay leaf
½ cauliflower
300 ml stock
3 tbsp plain flour
1 ½ tbsp. olive oil
Sprig of thyme

Topping

90 g hazelnut pulp
50 g breadcrumbs
1 tbsp olive oil

Roast the squash, cauliflower and garlic for 30 minutes at 180 °C. Leave to cool briefly, then remove the garlic from the skin and place the vegetables in an oven dish. To make the sauce for the base, heat the oil and flour in a saucepan until they form a paste. Add in the stock, bay leaf and thyme and pour over the roasted vegetables. Toast the breadcrumbs, hazelnut pulp and olive oil in a pan and sprinkle over the top of the vegetable mix.



Chocolate and Sea Salt Granola

240 g rolled oats
85 g mixed nut pulp
85 g dark chocolate chips or cacao nibs
55 g coconut oil,
25 g desiccated coconut
40 g cocoa powder
120 ml maple syrup
2 tbsp chia seeds
1 tsp sea salt

In a small pan melt together the coconut oil and the maple syrup. Pour the melted mixture over the dry ingredients and stir together until combined. Spread the mixture out across a lined baking tray. Bake in the oven at 180 °C for 15–20 minutes stirring halfway through. Store in an airtight container.

Cereal Bars

175 g pitted dates
150 g roasted almonds
120 g rolled oats
70 g hazelnut (or other nut pulp)
65 g smooth peanut butter
120 ml maple syrup
Optional: dried fruit, mixed nuts, chocolate chips, cinnamon or pumpkin spice

Pulse the dates in a food processor until it forms a thick dough. Combine the nut pulp, almonds and oats in a mixing bowl. Melt the maple syrup and the peanut butter together in a saucepan over a low heat, then pour it over the dry oat mixture. Stir in the dates until fully combined. Transfer the mixture to a baking dish and leave in the freezer for 15–20 minutes before cutting it into bars.

No Bake Protein Energy Bites

80 g rolled oats
65 g desiccated coconut
70 g cashew (or other mixed nut) pulp
65 g ground flaxseed
85 g dark chocolate chips
80 ml date syrup
1 tbsp chia seeds
1 tsp vanilla extract
1 tsp ground ginger

Place all the ingredients into a large mixing bowl and stir them together. Cover the bowl and leave to rest in the fridge for 2–6 hours. Roll the mixture into snack sized balls, ready to be eaten. Store the bites in a sealed container in the fridge.

Flax Seed Crackers

40 g mixed seed or nut pulp
100 g flaxseeds
60 ml water (or more if the mixture is dry)
1 tsp olive oil
1 tsp salt
1 tsp garlic granules
1 tsp dried mixed herbs
½ tsp black pepper

Combine all the ingredients in a bowl then leave to stand for 5–10 minutes. Dust a clean surface with flour and roll out the mixture to 3 mm thick. Slice or cut the dough to the preferred size and place the dough shapes onto a lightly greased baking sheet. Continue to roll out the dough and cut it into shapes to use up the remaining. Bake the crackers for 20–25 minutes at 180 °C or until golden.

Chocolate Brownies

250 g brown sugar
125 g self-raising flour
120 g dark chocolate
80 g butter or dairy free spread
75 g almond pulp
50 g cocoa powder
2 tbsp ground flaxseed
2 tsp vanilla extract
¼ tsp baking powder
¼ tsp salt
50 g dark chocolate chips/
mixed nuts (optional)

Preheat the oven to 170 °C and prepare a deep baking tray. Combine the flaxseeds with 6 tbsp water and set aside, leaving it to thicken for 5 minutes. Melt together the butter and dark chocolate in a saucepan with 60 ml water. Once melted whisk in the sugar until it dissolves. Then stir together the flour, almond pulp, cocoa powder, baking powder and salt until full combined. Pour the melted chocolate mixture and the flaxseed mixture into the dry ingredients and stir together to form a thick mixture. Spoon the mixture into the baking tray and bake for 35–45 minutes.

Gluten-free Cherry Bakewell Crumble

400 g frozen cherries, pitted
60 g almond pulp
60 g oat pulp
60 g butter or dairy free spread
50 g almond flakes
40 g oats
3 tbsp cherry jam
2 tbsp sugar
1 ½ tsp cornflour

Preheat the oven to 180 °C. In a saucepan heat the cherries with the cherry jam until the mixture starts to bubble. To make the crumble topping, combine the remaining ingredients in a bowl and rub together using dry fingertips until the mixture has a crumbly texture. Pour the cherry mixture into an oven dish, then sprinkle the crumble mixture over the top. Bake for 20–25 minutes until the top is golden brown.

FAQs

Why soak the ingredients?

It is recommended to activate ingredients by soaking them in water for at least 12 hours. This improves the consistency of the plant m!lk and makes blending ingredients easier.

Can the Plant M!lk Maker be used for making other drinks?

Yes! The Plant M!lk Maker can also be used to blend fruit and fruit juices by using the 'BLEND' setting.

What can plant m!lk be used for?

Plant m!lk can be used as a substitute for dairy milk. Use plant m!lk on cereal, in baking, or alongside the 'BLEND' setting to make smoothies and protein shakes.

Why make homemade plant m!lk?

Store-bought m!lks can contain additional thickeners, gums, stabilisers, sugars and salt. By preparing homemade plant m!lk, it is much easier to have complete control over the ingredients used. This means any dietary requirements can be better catered for. Not only this, but the consumption of single-use plastics can be reduced by making and storing plant drinks in a reusable bottle.

Making homemade plant m!lk can also be a cheaper alternative to store-bought plant m!lk, as only nuts, grains or seeds are required, and these go a lot further!

Is it normal for the plant m!lk to separate?

Yes, this is completely normal. As there are no thickening agents or emulsifiers added to the plant m!lk, it is likely to separate. The plant m!lk just requires a shake before use.

How long can plant m!lk be stored or consumed for?

Plant m!lk should be stored in the fridge and consumed within 3–5 days.

*Any recipe images used in this instruction manual are intended for illustrative purposes only.





Manufactured by:
UP Global Sourcing UK Ltd.,
UK. Manchester OL9 0DD.
Germany. 51149 Köln.

Made in China.

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