

# Almond Milk

**Almond Milk** may be used in many recipes that call for fluid milk. Almond milk is mildly sweet and best used for baking or a sweet beverage.



OREGON STATE UNIVERSITY  
EXTENSION SERVICE

Almond milk is a refreshing drink - try serving it cold or hot

Almond milk tastes great in tea or coffee

Blend soft fruit like bananas, pears or peaches with almond milk for a nourishing smoothie

Freeze an almond milk fruit smoothie in a paper cup with a stick (popsicle!)

Substitute almond milk for cow's milk in quickbread, muffin, pancake and waffle mixes

French toast: mix two eggs with a cup of almond milk; soak bread and pan-fry

Use almond milk instead of cow's milk in dry pudding mix - yum!

# Almond Milk

**Almond Milk** may be used in many recipes that call for fluid milk. Almond milk is mildly sweet and best used for baking or a sweet beverage.



OREGON STATE UNIVERSITY  
EXTENSION SERVICE

Almond milk is a refreshing drink - try serving it cold or hot

Almond milk tastes great in tea or coffee

Blend soft fruit like bananas, pears or peaches with almond milk for a nourishing smoothie

Freeze an almond milk fruit smoothie in a paper cup with a stick (popsicle!)

Substitute almond milk for cow's milk in quickbread, muffin, pancake and waffle mixes

French toast: mix two eggs with a cup of almond milk; soak bread and pan-fry

Use almond milk instead of cow's milk in dry pudding mix - yum!

# Almond Milk

**Almond Milk** may be used in many recipes that call for fluid milk. Almond milk is mildly sweet and best used for baking or a sweet beverage.



OREGON STATE UNIVERSITY  
EXTENSION SERVICE

Almond milk is a refreshing drink - try serving it cold or hot

Almond milk tastes great in tea or coffee

Blend soft fruit like bananas, pears or peaches with almond milk for a nourishing smoothie

Freeze an almond milk fruit smoothie in a paper cup with a stick (popsicle!)

Substitute almond milk for cow's milk in quickbread, muffin, pancake and waffle mixes

French toast: mix two eggs with a cup of almond milk; soak bread and pan-fry

Use almond milk instead of cow's milk in dry pudding mix - yum!