



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

Maria del Mar Gómez

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Learn to prepare vegetable milks that are nutritious and delicious!

Animal milk is one of the most basic ingredients in many people'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 can'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 milks

The best alternatives to sugar

How to prepare rice milks, soy milks, barley milks, oat milks, coconut milks, and almond milks

Horchata drinks and other healthy beverages

The best substitutes for tea and coffee

How to make malted milks

And 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.

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