



*Elmhurst*

Est. 1925

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# 10 RECIPES

YOU'LL BE THANKFUL ARE

# DAIRY-FREE

THIS THANKSGIVING

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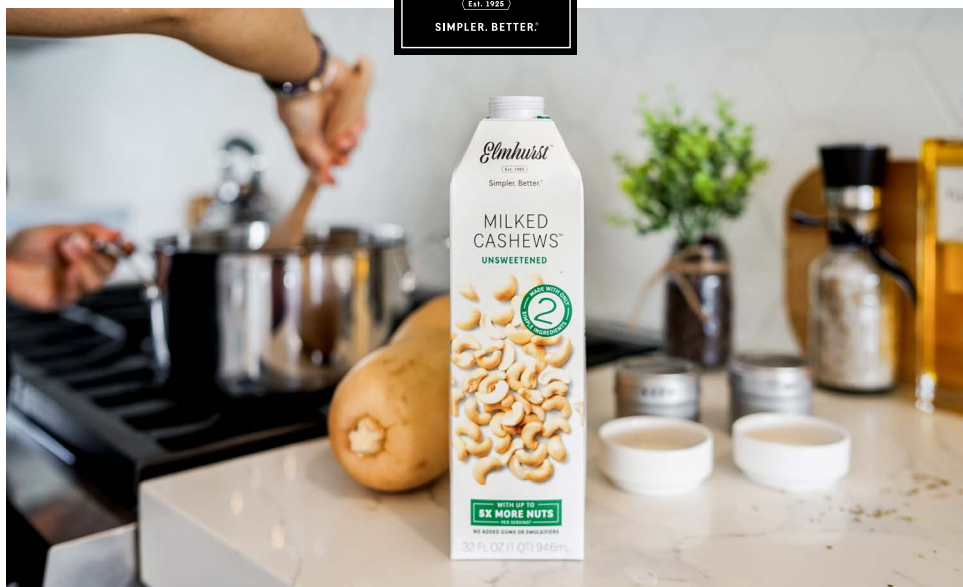
JUST WAIT 'TIL YOU TRY OUR CLASSIC  
DAIRY-FREE MAC & CHEESE!

FLIP TO PAGE 9 FOR THE FULL RECIPE



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## A NOTE FROM ELMHURST®

Switching from dairy to plant-based should not be a sacrifice. At Elmhurst® 1925, we believe in making plant-based products with the maximum amount of nutrition from the source. With our unique [HydroRelease™](#) process, we are able to create deliciously concentrated plant milks without any gums or fillers that have been known to [cause digestive issues](#). So here are a few simple recipes crafted to elevate your Friendsgiving spread with plant-based nutrition.

**MADE WITH SIMPLER INGREDIENTS** - No unnecessary ingredients. No added gums, emulsifiers or fillers. No artificial flavors or anything else. All our offerings are Dairy-Free, non-GMO, gluten-free, carrageenan-free, kosher, and dairy-free.

**UP TO 4X MORE NUTS PER SERVING** - This is what we offer compared to other leading nutmilks brands. But our oat varieties boast an impressive 20 grams of whole grain per serving. That's one of your three recommended daily servings of whole grain!





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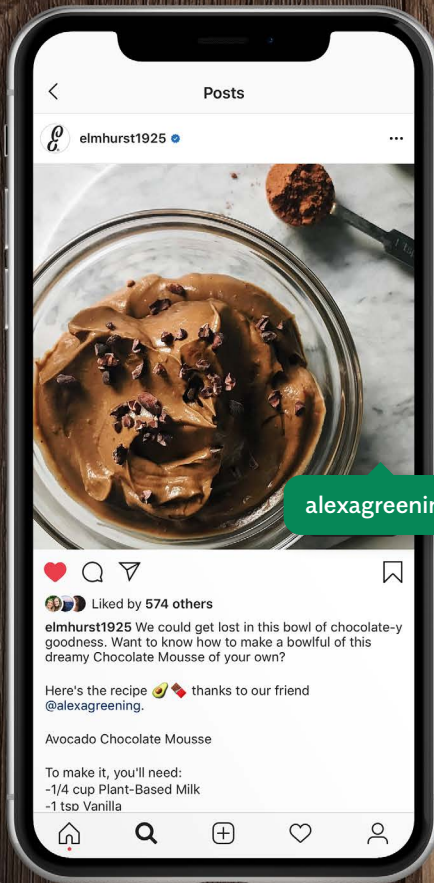


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SHARE & ENTER FOR A CHANCE TO WIN!



**YOU COULD WIN A FREE 6-PACK!** Be sure to share what you make and use #ElmhurstRecipes and tag us @elmhurst1925. Each month, we'll highlight one lucky winner on our page who will also receive a free 6-pack of their favorite plant milk!

    @ELMHURST1925 #ELMHURSTRECIPES



# Thanksgiving Recipes

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**HERE ARE A FEW CROWD-PLEASING RECIPES FOR YOUR THANKSGIVING SPREAD OR ANYTIME! WE'D LOVE TO KNOW WHAT YOU THINK! REMEMBER TO GIVE US A SHOUT-OUT ON SOCIAL FOR A CHANCE TO WIN A FREE 6-PACK.**

**@ f t p TAG US @ELMHURST1925 AND USE #ELMHURSTRECIPES**

Each month, we'll highlight one lucky winner on our page who will also receive a free 6-pack of their favorite plant milk delivered right to their doorstep.



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## Dairy-Free Walnut Vinaigrette

Yields about 16 servings

### INGREDIENTS

- 1/2 cup Elmhurst® [Unsweetened Milked Walnuts™](#)
- 1 cup Walnut Oil
- 1/4 cup Sherry Vinegar
- 1/4 cup Maple Syrup
- 1/4 cup Walnuts, chopped
- 1/2 Tbsp. Dairy-Free Dijon Mustard
- 1/2 tsp. Garlic Powder

### DIRECTIONS

1. Add the walnut milk, sherry vinegar, honey, Dijon mustard, garlic powder, salt, and pepper into a blender and blend until well combined.
2. With the blender running, slowly add the walnut oil as the blender brings together the oils and vinegar.
3. Fold in the walnuts and enjoy! This recipe makes enough to share with a large dinner party. Or, if you're making for an easy weekday meal, this will be great for the rest of the week, so pop it in the fridge to keep any extras fresh.



### FEATURING ELMHURST® UNSWEETENED WALNUT MILK

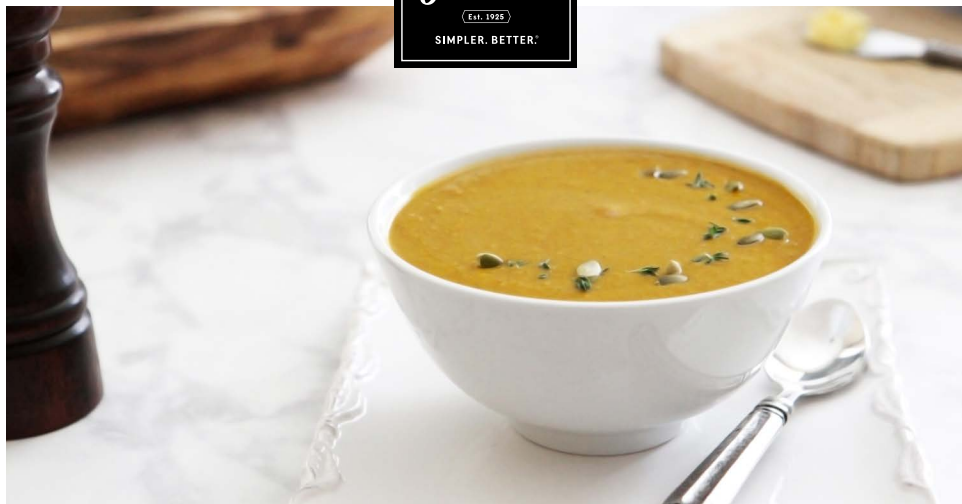
A creamy, crowd-pleasing walnut vinaigrette. Not surprisingly, we make this with [Unsweetened Milked Walnuts™](#). To tone down the walnut flavor and add some whole grain nutrition, try [Unsweetened Milked Oats™](#). If you want to explore [any of our plant milks](#), we'd love to know what you try!

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## Creamy Dairy-Free Pumpkin Apple Soup

Yields 8-10 servings

### INGREDIENTS

- 2 cups Elmhurst® [Unsweetened Milked Almonds™](#)
- 6 cups Vegetable Broth
- 3 cups Apple, peeled & chopped
- 2 cups Onion, diced
- 2 lbs. Pumpkin, peeled, seeded & diced
- 1/2 cup Olive Oil
- 5 Tbsp. Curry Powder
- 2 tsp. Salt
- 1 tsp. Garlic Powder

### DIRECTIONS

1. In a large pot, warm the oil over medium heat. Add the pumpkin and onion and cook for 5 minutes.
2. Add the spices and stir to evenly distribute. Next add the vegetable stock and bring to a boil. Reduce to a simmer and cover for about 10 minutes, stirring occasionally.
3. Add the chopped apples and continue to simmer for an additional 10 minutes or until everything is very tender.
4. Remove from heat. Using an immersion blender, puree the vegetables until a thick, smooth consistency is reached. A heat safe blender can also be used for this step, blending in batches.
5. Return to heat and stir in the almond milk. Cook for an additional 5 minutes or until heated through. Serve hot and enjoy.



### FEATURING ELMHURST® UNSWEETENED ALMOND MILK

Nothing better on a chilly fall day than a warm, creamy soup. We suggest this be made with [Unsweetened Milked Almonds™](#) for an extra punch of protein. But try [Unsweetened Milked Walnuts™](#) for a nuanced walnut flavor and some Omega-3s. [Any of our plant milks](#) work, so let us know what you try!

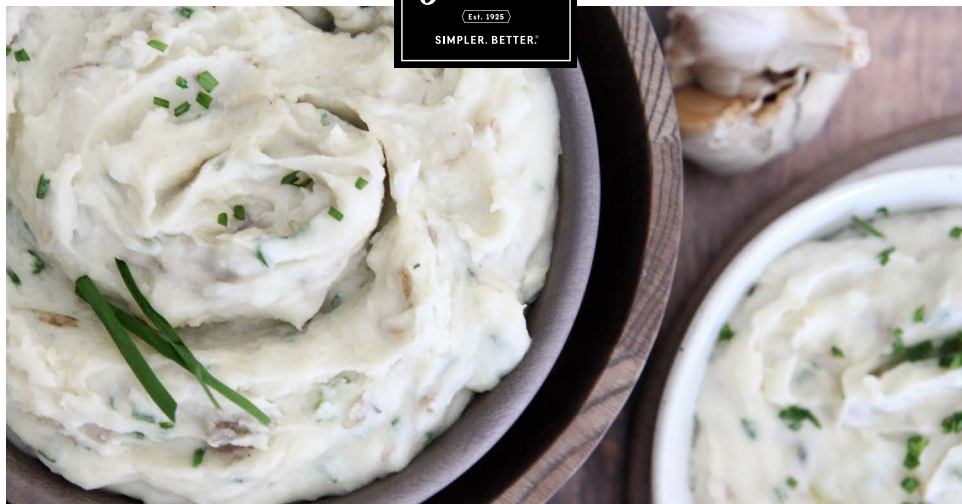
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# Homemade Dairy-Free Garlic Mashed Potatoes

Yields 2 servings

## INGREDIENTS

- 2 cups Elmhurst® [Unsweetened Milked Cashews™](#)
- 5 lbs. Yukon Gold Potatoes
- 1/2 cup Chives, chopped
- 4 Tbsp. Dairy-Free Butter
- 2 Tbsp. Garlic, minced

## DIRECTIONS

1. Place the potatoes in a large pot and add water until covered. Bring to a boil + cook for 20 minutes or until tender.
2. Drain potatoes and move to a bowl. Add cashew milk, butter, chives, garlic, and salt + pepper.
3. With an electric mixer whip until smooth and creamy. Add more cashew milk for a creamier texture if you'd like.
4. Finish with fresh chives and enjoy!



## FEATURING ELMHURST® UNSWEETENED CASHEW MILK

Yes, this tasty take on mashed potatoes is 100% plant-based and dairy-free. We highly recommend [Unsweetened Milked Cashews™](#) for a texture that will shock your guests that it's not dairy, but for an extra punch of protein, try [Unsweetened Milked Almonds™](#). But [Any of our plant milks](#) work, so let us know what you try!

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## Classic Dairy-Free Mac & Cheese

Yields 6 servings

### INGREDIENTS

- 1 cup Elmhurst® [Unsweetened Milked Cashews™](#)
- 1/2 cups Hearty Vegetable Stock
- 3 cups Pasta, uncooked
- 1 cup Dairy-Free Shredded Mozzarella Cheese
- 1/2 cup Dairy-Free Shredded Cheddar Cheese
- 1 Tbsp. Nutritional Yeast
- 1 Tsp. Granulated Garlic
- 1 Tsp. Granulated Onion
- 1 Tsp. Ground Mustard
- Salt + Pepper to taste

### DIRECTIONS

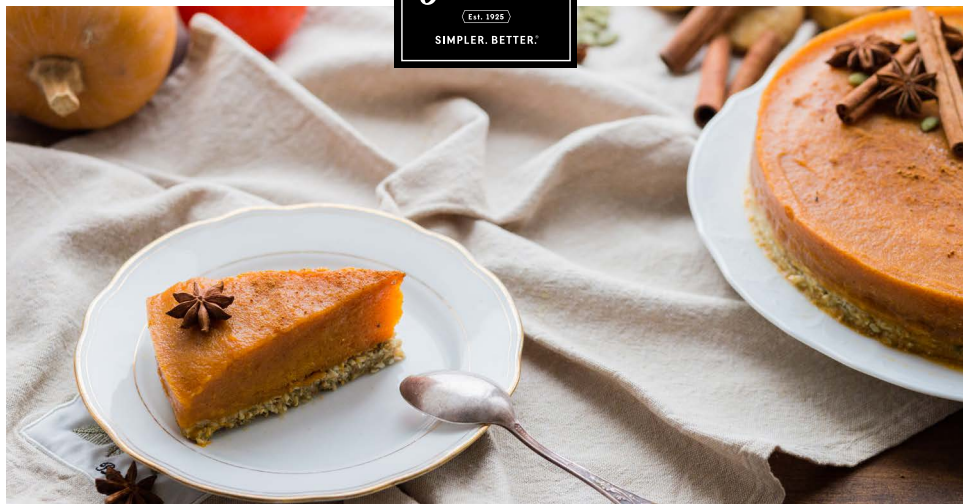
1. Cook pasta al dente, according to package instructions. Usually about 6-8 minutes in boiling salted water. Drain, cool and set aside.
2. Blend together cashew milk and vegetable stock and bring to a simmer. Slowly incorporate cheeses and whisk until blended together.
3. Remove from heat and add in the spices and nutritional yeast. Season with salt and pepper to taste.
4. Transfer pasta to a baking dish and fold in cheese sauce until completely coated.
5. Top with additional cheese shreds and pop under the broiler, watching until cheese has melted and browned.



### FEATURING ELMHURST® UNSWEETENED CASHW MILK

It doesn't get much better than a creamy dish of Mac & Cheese. We recommend using our [Unsweetened Milked Cashews™](#) to achieve that perfectly velvety sauce we all love about this comfort-food classic. Or try adding extra layers of flavor with [any of our unsweetened plant milks.](#)

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# Dairy-Free Pumpkin Cheesecake

Yields 1 8-inch Cheesecake

## INGREDIENTS

### FOR THE CRUST:

- 1 1/2 - 2 cups Graham Crackers
- 1/4 cup Dairy-Free Butter, melted

### FOR THE FILLING:

- 1/2 cup Elmhurst® [Unsweetened Milked Cashews™](#)
- 1 1/4 cups Raw Cashews, soaked in hot water for 1 hour
- 1 cup Pumpkin Puree
- 1/2 cup Sugar
- 1 Tbsp. Corn Starch
- 1 tsp. Pumpkin Pie Spice
- 1 tsp. Vanilla Extract
- 1/4 tsp. Salt

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. To prepare the crust, add graham crackers to a food processor and pulse until ground. Add melted butter and mix until well combined. Press into the bottom of a pan. For an even crust, try using the bottom of a glass or measuring cup to press flat.
3. To prepare cheesecake filling, add the unsweetened cashew milk and softened cashews to a food processor and pulse until combined. Add remaining ingredients and blend until creamy and smooth, scraping down sides as needed.
4. Pour batter over the crust, smoothing out the top. Bake for 25-35 minutes until the edges are golden brown and the center still jiggles slightly. Let cool completely.
5. Chill for at least 5 hours or overnight before serving. Top with non-dairy whipped cream + dust with cinnamon. Enjoy!



## FEATURING ELMHURST® UNSWEETENED CASHEW MILK

What's more perfect for fall than a creamy, pumpkin-y treat? Try this Dairy-Free twist on a pumpkin cheesecake made with [Unsweetened Milked Cashews™](#) and soaked raw cashews (the secret to a dairy-free substitute to cream cheese). Luckily, [any of our plant milks](#) work, so let us know which you try!

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# Apple Pie Fudge Cups

Yields 12 servings

## INGREDIENTS

- 2/3 cups Elmhurst® [Unsweetened Milked Hazelnuts™](#)
- 2/3 cups Natural Nut Butter
- 1/2 cups Coconut Oil, melted
- 3 Tbsp. Maple Syrup
- 2 tsp. Cinnamon
- 1 cup Apples, chopped

## DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Chop 1 cup of apples and toss in coconut oil.
3. Spread the apples on a baking sheet, and bake for 45 minutes.
4. Once the apples have cooled, add them and the rest of ingredients to a blender. Blend until completely combined.
5. Pour mixture into mini muffin pan.
6. Freeze for 30-35 minutes.
7. Remove from freezer and if desired, drizzle with peanut butter, caramel or other topping of choice.



## FEATURING ELMHURST® UNSWEETENED HAZELNUT MILK

These Apple Pie Fudge Cups are sure to be love at first bite. A touch of hazelnut flavor from the [Unsweetened Milked Hazelnuts™](#), combined with apples, maple syrup and cinnamon help give this classic treat an easy new twist. Like a little more nuttiness? Try using our [Unsweetened Milked Walnuts™](#) or [any of our plant milks!](#)

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## 3 Easy Holiday Ice Cream Recipes

Yields 1 serving

PUMPKIN ICE CREAM	APPLE PIE ICE CREAM	MAPLE PECAN ICE CREAM
<ul style="list-style-type: none"> <li>• 4 oz. Elmhurst® <a href="#">Vanilla Soft Serve</a></li> <li>• 1/4 tsp. Pumpkin Pie Spice</li> <li>• 2 Tbsp. Pumpkin Puree</li> <li>• Crushed Graham Crackers*</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. Elmhurst® <a href="#">Vanilla Soft Serve</a></li> <li>• 1/4 tsp. Cinnamon</li> <li>• 2 Tbsp. Apple Sauce</li> <li>• Crushed Graham Crackers*</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. Elmhurst® <a href="#">Vanilla Soft Serve</a></li> <li>• 1/4 tsp. Cinnamon</li> <li>• 1/4 tsp. Maple Extract</li> <li>• Chopped Pecans*</li> </ul>

### DIRECTIONS

1. Freeze the metal insert of Zoku® bowl for 12+ hours. Refrigerate Soft Serve Mix for at least 4 hours.
2. Shake carton well. Add Soft Serve Mix and all other ingredients except for toppings\* into frozen Zoku® bowl.
3. Frequently stir and scrape with the spoon provided until ice cream forms (about 10 minutes).
4. Place in freezer for additional 10 minutes to firm up, then add suggested toppings and enjoy!

\*Toppings Optional

### FEATURING ELMHURST® VANILLA SOFT SERVE BUNDLE WITH ZOKU® ICE CREAM MAKING BOWL



Making freshly-churned dairy-free ice cream at home couldn't be easier with [Vanilla Soft Serve](#). This is the perfect base to easily churn out some holiday-flavored combinations. No ice cream maker? No problem! Shop our bundles to make ice cream in as little as 10 minutes.

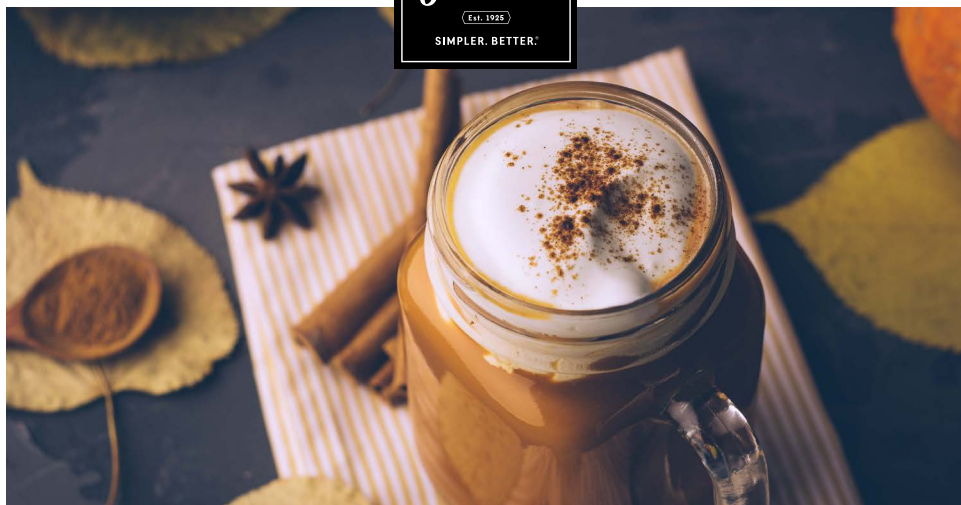
SHOP BUNDLES



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## Easy Dairy-Free Pumpkin Spice Latte

Yields 2 servings

### INGREDIENTS

- 2 cups Elmhurst®  
[Oat Barista Edition](#)
- 3/4 cup coffee, brewed strong
- 2 1/2 Tbsp. Pumpkin Puree
- 2 Tbsp. Maple Syrup\*
- 2 tsp. Vanilla Extract
- 3/4 tsp. Pumpkin Pie Spice
- Dairy-Free Whipped Cream\*\*

\*Or sweetener of choice

\*\*Optional

### DIRECTIONS

1. Brew coffee and set aside.
2. In a large pan, add Elmhurst Barista Oat Milk, pumpkin puree, maple syrup, vanilla, and pumpkin pie spice.
3. Cook on medium-low, stirring constantly until all ingredients completely blended together.
4. Add coffee, and finish stirring until desired drinking temperature is reached.
5. Serve as is or with a whipped topping and extra pumpkin pie spice, if desired.



### FEATURING ELMHURST® OAT BARISTA EDITION

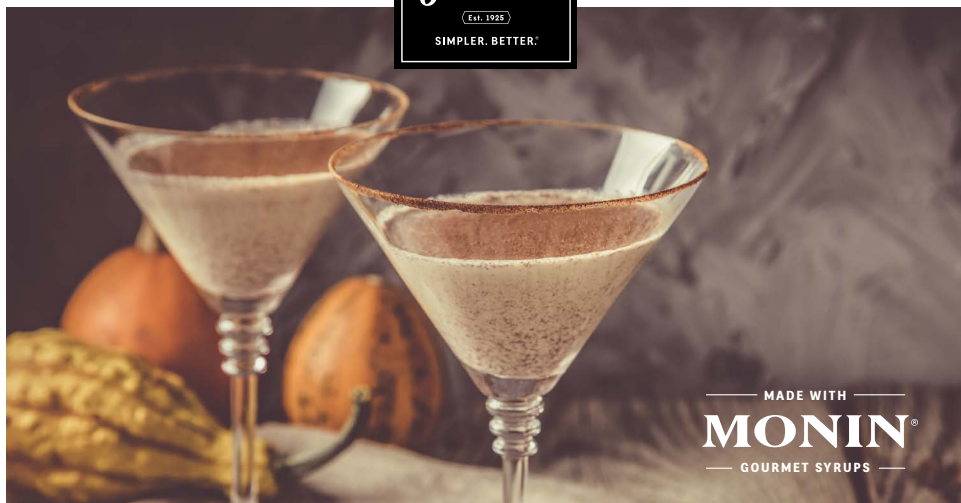
Making a Pumpkin Spice Latte at home without going crazy with the sugar has never been easier! We love to froth up [Oat Barista Edition](#) for this lightly-sweetened treat. Or switch things up and try our [Unsweetened Milked Cashews](#)™! Our [barista editions](#) steam and froth best, so any of them will work.

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MADE WITH  
**MONIN®**  
GOURMET SYRUPS

## Buttered Pecan Pie Cocktail

Yields 1 cocktail

### INGREDIENTS

- 1 oz. Elmhurst®  
[Vanilla Oat Creamer](#)
- 1 oz. [Monin® Butter Pecan Syrup](#)
- 1 1/4 oz. Bourbon
- 1/2 oz. Dark Rum
- Dairy-Free Whipped Cream\*
- Pecans for Garnish\*

\*Optional

### DIRECTIONS

1. Chill a martini glass or similar cocktail glassware for serving.
2. Pour all ingredients into mixing glass with 2/3 ice in the order listed
3. Cap, shake and strain into your chilled serving glass
4. Add garnish, and serve.

### FEATURING ELMHURST® OAT CREAMER & MONIN® BUTTER PECAN SYRUP

To top off a holiday meal (or to kick-off the festivities), this cocktail gets us in the holiday spirit. This recipe calls for [Vanilla Oat Creamer](#) and [Monin® Butter Pecan Syrup](#). Good news, [any of our oat creamers](#) work, so let us know what you try!



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BUY MONIN®



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## Spiked Iced Chai

Yields 1 cocktail

### INGREDIENTS

- 1 oz. Elmhurst®  
[Apple Pie Spice Oat Creamer](#)
- 2 oz. Strong Brewed Chai Tea
- 1 oz. Bourbon
- Maple Syrup to taste
- Cinnamon Sticks for Garnish\*

### DIRECTIONS

1. Prep your chai tea. Add two chai tea bags to about a 1/2 cup of hot water (or if you're making two, use a full cup) and let steep for 3-5\* minutes.
2. While your tea is steeping, fill a glass about halfway with ice and add your bourbon, oat creamer, and maple syrup.
3. Remove the tea bags and, top of your glass with the chai, stir + enjoy!

\*Easy Tip: For a stronger chai flavor you can make a larger batch of concentrate ahead of time by letting the tea steep overnight in the fridge. For a simple garnish you can use cinnamon sticks to stir + add to add a little extra spice while you do.



### FEATURING ELMHURST® APPLE PIE SPICE CREAMER

Looking for a cocktail with a splash of spice and everything nice? Try this one with [Vanilla Oat Creamer](#), or take the cozy flavors to the next level with our [Limited Edition Apple Pie Spice Creamer](#)! Good news, any of our [creamers](#) work, so let us know what you try!

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# What Plant Milk is Best for You?

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**YOU MEAN THERE'S MORE THAN JUST ALMOND MILK AND OAT MILK? YOU BETCHA, AND EACH ONE HAS A LITTLE SOMETHING DIFFERENT TO OFFER AS FAR AS NUTRITION AND TASTE. IF YOU'RE LOOKING TO TRY SOMETHING NEW, THIS SECTION IS A GOOD STARTING POINT.**



Elmhurst<sup>®</sup>

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## SHOP FAN FAVORITES



Hands down, this is the best almond milk I've ever had. The taste is wonderful, and it doesn't have any gross additives or gums like all the other non-dairy milks do.

- **ANONYMOUS**

[BUY NOW](#)



Wow. Like seriously WOW. I never ever in my wildest dreams could have imagined cashew milk! It is AAAAAHHH-MAAAAZINGG! - **MOLLIE E.**

[BUY NOW](#)



The Walnut milk is out of this world! The flavor is extreme walnut flavor at it's best. - **SUE F.**

[BUY NOW](#)



## ELMHURST VS. LEADING BRANDS

UNSWEETENED  
ALMOND MILK

PRODUCT	ELMHURST®	CALIFIA FARMS®	SILK®	BLUE DIAMOND®	PACIFIC®
# INGREDIENTS	2	9	12	11	9
GUMS	NO	YES	YES	YES	YES
LECITHIN	NO	YES	YES	YES	NO
PROTEIN*	5g	1g	<1g	1g	1g
SODIUM*	5mg	160mg	130mg	170mg	180mg
PALEO-FRIENDLY	✓				
WHOLE30	✓	✓	✓	✓	

\*Per 8 fl oz serving

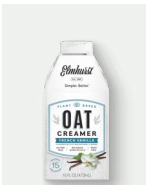
ORIGINAL  
OAT MILK

PRODUCT	ELMHURST®	OATLY®	CALIFIA FARMS®	SILK®	PLANET OAT®
# INGREDIENTS	5	12	7	15	10
WHOLE GRAIN STAMP	✓				
GUMS	NO	NO	NO	YES	YES
LECITHIN	NO	NO	NO	YES	NO
ADDED OILS	NO	RAPESEED	SUNFLOWER	SUNFLOWER	NO
PROTEIN*	4g	3g	2g	2g	2g
TOTAL FAT*	1.5g	5g	7g	3.5g	1.5g
FIBER	2g	2g	1g	1g	2g

\*Per 8 fl oz serving

ELMHURST VS. LEADING BRANDS

OAT CREAMERS



PRODUCT	ELMHURST®	CALIFIA FARMS®	SO DELICIOUS®	NATURAL BLISS®	NUTPODS®
BASE	Whole Grain Oats & Hemp Cream	Whole Grain Oats, Oil & Gums	Oat Flour, Sunflower Oil & Gums	Oat Flour, Coconut Oil & Gums	Oat Flour, Sunflower Oil & Gums
# INGREDIENTS	7	11	11	8	10
GUMS	NO	YES	YES	YES	YES
OILS	NO	SUNFLOWER	SUNFLOWER	COCONUT	SUNFLOWER
CALORIES*	15	15	25	25	10
TOTAL FAT*	0.5g	1g	1g	1g	1g
CARBS*	2g	2g	3g	5g	0g
SUGAR*	1g	1g	3g	4g	0g
ADDED SUGAR*	1g	1g	3g	4g	0g
SODIUM*	0mg	10mg	20mg	25mg	15mg

\*Per 1 Tbsp serving

UNSWEETENED PLANT MILKS



PRODUCT NAME	UNSWEETENED MILKED ALMONDS™	UNSWEETENED MILKED CASHESWS™	UNSWEETENED MILKED OATS™	UNSWEETENED MILKED WALNUTS™	UNSWEETENED MILKED HAZELNUTS™
CASUAL NAME	Unsweetened Almond Milk	Unsweetened Cashew Milk	Unsweetened Oat Milk	Unsweetened Walnut Milk	Unsweetened Hazelnut Milk
KEY BENEFIT	4X More Almonds & Protein†	Barista Approved	20g Whole Grain*	Excellent Source Omega-3‡	2X More Hazelnuts†
PROTEIN*	5g	4g	4g	3g	2g
CALORIES*	130	130	80	120	90
TOTAL FAT*	11g	10g	1.5g	11g	9g
CARBS*	3g	7g	14g	1g	1g
SUGAR*	1g	1g	1g	0g	1g
ADDED SUGAR*	0g	0g	0g	0g	0g
SODIUM*	5mg	10mg	120mg	5mg	5mg
KETO-FRIENDLY	✓	✓		✓	✓
PALEO-FRIENDLY	✓	✓		✓	✓
GLUTEN-FREE	✓	✓	✓	✓	✓
WHOLE30	✓	✓		✓	✓
DAIRY REPLACEMENT	Whole Milk	Whole Milk	2% Milk	2% Milk	2% Milk
INGREDIENTS	Filtered Water, Almonds	Filtered Water, Cashews	Filtered Water, Whole Grain Oats, Salt	Filtered Water, Walnuts	Filtered Water, Hazelnuts
BEST USED IN:	Smoothies, Cereal, Soups & Sauces	Soups & Sauces, Baking, Lattes, Hot & Iced Coffee	Smoothies, Cereal, Overnight Oats	Smoothies, Cereal, Iced Coffee	Smoothies, Cereal, Iced Coffee

\*Per 8 fl oz serving | †Per serving vs. other leading brands | ‡1.4g per serving of the 1.6g recommended daily value of Omega-3 ALA

SHOP UNSWEETENED



BARISTA SERIES



PRODUCT NAME	OAT BARISTA EDITION	HEMP BARISTA EDITION	ALMOND BARISTA EDITION
CASUAL NAME	Oat Barista	Hemp Barista	Almond Barista
KEY BENEFIT	20g Whole Grain*	Excellent Source Omega-3 <sup>‡</sup>	3g Protein*
PROTEIN*	3g	3g	3g
CALORIES*	80	130	90
TOTAL FAT*	1g	6g	4.5g
CARBS*	14g	14g	10g
SUGAR*	4g	4g	5g
ADDED SUGAR*	3g	3g	3g
SODIUM*	105mg	60mg	85mg
FLAVOR PROFILE	A velvety body and mild flavor. Pleasantly subtle oat flavor allows nuances of the roast to shine without the oily aftertaste.	Surprisingly neutral in flavor, it complements any roast. Perhaps most impressively, this edition provides a shockingly similar mouthfeel and barista performance to whole milk.	A gentle, nutty sweet flavor that blends well with any roast - mild or dark - minus the bitterness of some other almond milks.

\*Per 8 fl oz serving | <sup>‡</sup>650mg per serving of the 1.6g recommended daily value of Omega-3 ALA

SHOP BARISTA



BARISTA SERIES INCLUDES CASHEW, TOO!

Ever wondered why Elmhurst® Original Cashew Milk includes a Barista Approved stamp? Well, quite simply, it foams like a champ. Both our original and unsweetened cashew milk are full-bodied for professional performance, earning them a place in our barista series. Yes, even our unsweetened (we just don't brag about it on our packaging).

What's more, Elmhurst cashew milk's substantial flavor complements the coffee's distinct character, offering an indulgent experience in all applications - without the papery aftertaste common in other cashew milks.

OAT CREAMERS



PRODUCT NAME	UNSWEETENED OAT CREAMER	FRENCH VANILLA OAT CREAMER	CHAI SPICE OAT CREAMER	APPLE PIE SPICE OAT CREAMER
CALORIES*	10	15	15	15
TOTAL FAT*	0.5g	0.5g	0.5g	0.5g
CARBS*	1g	2g	2g	2g
SUGAR*	0g	1g	1g	1g
ADDED SUGAR*	0g	1g	1g	1g
SODIUM*	0mg	0mg	0mg	0mg
GLUTEN-FREE	✓			
SHELF-STABLE	✓			
INGREDIENTS	Oatmilk (Water, Whole Grain Oats), Hemp Cream (Water, Hemp Seeds), Contains 2% or Less of: Mineral Blend (Dipotassium Phosphate, Potassium Citrate), Natural Flavors.	Oatmilk (Water, Whole Grain Oats), Hemp Cream (Water, Hemp Seeds), Cane Sugar, Contains 2% or Less of: Natural Flavors, Mineral Blend (Dipotassium Phosphate, Potassium Citrate).	Oatmilk (Water, Whole Grain Oats), Hemp Cream (Water, Hemp Seeds), Cane Sugar, Contains 2% or Less of: Natural Flavors, Mineral Blend (Dipotassium Phosphate, Potassium Citrate).	Oatmilk (Water, Whole Grain Oats), Hemp Cream (Water, Hemp Seeds), Cane Sugar, Contains 2% or Less of: Natural Flavors, Mineral Blend (Dipotassium Phosphate, Potassium Citrate).

\*Per 2 Tbsp. serving

SHOP CREAMERS

## BENEFITS OF LIVING DAIRY-FREE

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**SIMPLE SWAP** - Smooth, creamy, and delicious, plant milk can be a perfect one-for-one swap for dairy milk. Especially in recipes!

**THERE'S A PLANT MILK FOR EVERYONE** - Did you know 65% of the global population is actually lactose intolerant? Thanks to all the delicious varieties of plant milk, everyone can find a version that's right for them.

**BETTER FOR YOU. BETTER FOR THE PLANET.** - Plant milk is more sustainable too. It only takes 48 liters of water to produce 1 liter of oat milk, compared to the 628 liters of water 1 liter of dairy milk requires!

(ref: Science 01 Jun 2018: Vol. 360, Issue 6392, pp. 987-992)

**THE POWER OF PLANT BASED.** - Plant-based foods contain natural antioxidants that help fight harmful free radicals in the body. Think of it as a plant-powered boost!

**DIVERSE OFFERINGS. DIVERSE BENEFITS.** - Different plant milk varieties can also have benefits of their own! Like 4g of protein from cashew milk, or 1400mg Omega-3 ALA per serving of walnut milk

FACTS BROUGHT TO YOU BY:



Switch4Good is an evidence-based nonprofit helping people make the switch from dairy to plant-based fuel to improve their health and performance, abolish dietary racism, and provide solutions to climate change. Together, we can all live better and do more—dairy-free.

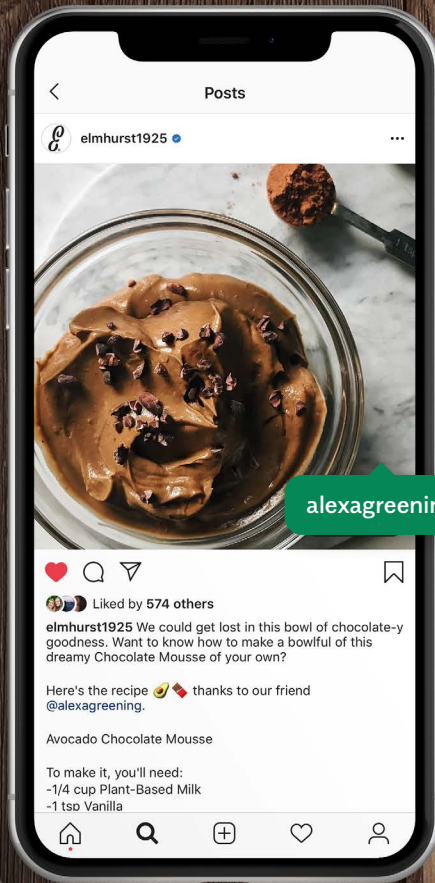
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**YOU COULD WIN A FREE 6-PACK!** Be sure to share what you make and use #ElmhurstRecipes and tag us @elmhurst1925. Each month, we'll highlight one lucky winner on our page who will also receive a free 6-pack of their favorite plant milk!

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