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# 14 RECIPES

FOR THE ULTIMATE

# PLANT-BASED

HOLIDAY SEASON

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

FLIP TO PAGE 13 FOR THE FULL RECIPE



## A NOTE FROM ELMHURST®

Switching from dairy to plant-based should be simple. That's why we believe in making super-nutritious, recipe-ready, clean-label Plant Milks that are perfect for cooking and baking. Some plant-based brands are watery. Others load up on [hard-to-digest](#) gums and fillers to fake their creamy texture. At Elmhurst 1925, we just use more nuts and whole grains in every carton to bring you plant-based the way it's meant to be: Only the unbelievably creamy and nutritious good stuff. Absolutely none of the added junk.

**KEEP THINGS SIMPLE** - No Gums. No fillers. No junk ingredients. Nothing artificial or unnecessary, period. Just dairy-free, gluten-free, non-GMO, vegan deliciousness.

**MAKE GOOD CHOICES** - Some brands load up on junk like gums and fillers, or use overly processed grains and oat flour. We just use nutritious, 100% whole grain oats and up to 4x more nuts than other leading plant milks.





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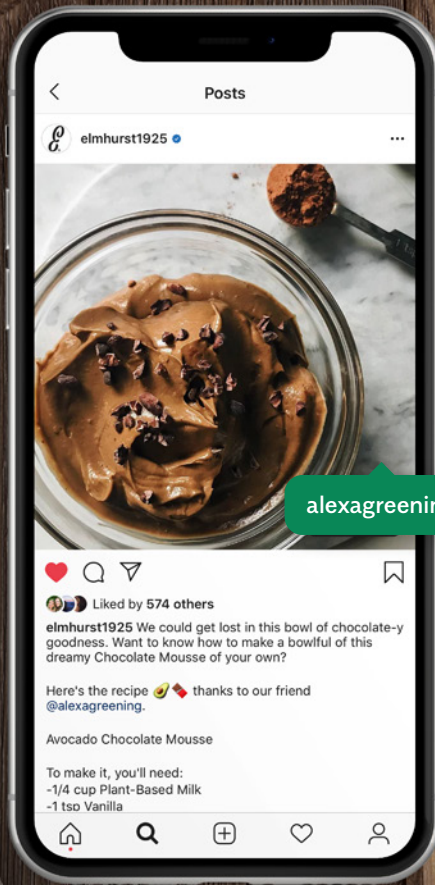


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SHARE & ENTER FOR A CHANCE TO WIN!



alexagreening



**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



# Holiday Recipes

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THESE CROWD-PLEASING RECIPES ARE PERFECT FOR ALL YOUR GET-TOGETHERS, POTLUCKS, FÊTES AND FESTIVITIES. WE'D LOVE TO SEE HOW YOUR RECIPES TURN OUT- SHOW OFF YOUR ELMHURST CREATIONS AND GIVE US A SHOUT-OUT ON SOCIAL FOR A CHANCE TO WIN A FREE 6-PACK.

@ f t i n 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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## OatNog Baked French Toast

Serves 8

### INGREDIENTS

- A 1lb loaf vegan Challah Bread\*
- 2 ½ cups Elmhurst® [OatNog](#)
- 2 Tbsp Ground Flaxseed
- 1 Tbsp Pure Vanilla Extract
- 1 tsp Cinnamon
- 3 Tbsp Maple Syrup, for drizzling

\*or substitute for any other hearty bread

### DIRECTIONS

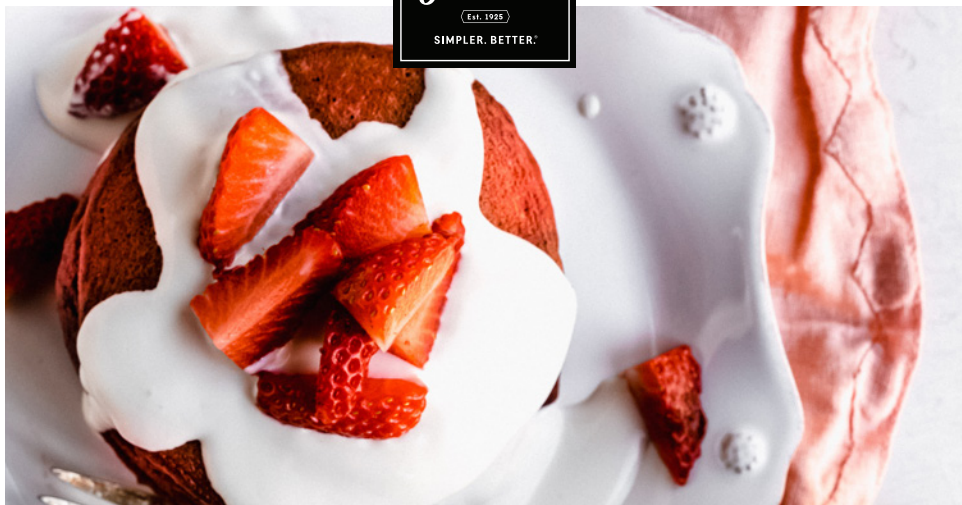
1. In a medium bowl, combine Elmhurst OatNog, flaxseed, vanilla, and cinnamon. Let sit for 15 minutes to thicken.
2. Cut bread into cubes and add to a greased 9x13 baking dish.
3. Pour mixture evenly over bread and let soak for 15 minutes. If desired, top with pecans.
4. Bake at 350F for 45 minutes or until golden. To top it off, drizzle with maple syrup and enjoy!



### FEATURING ELMHURST® OATNOG WITH CASHEW

Everyone's favorite breakfast food just got a MAJOR cozy-season upgrade. [OatNog's](#) blend of creamy oat milk, buttery cashews and warm spices somehow makes French Toast ~that much~ better. If you love this recipe as much as we do, you're going to want to stock up on OatNog so you can whip up this sweet treat all year long.

**BUY NOW**



# Red Velvet Pancakes

Makes 2-3 Servings

## INGREDIENTS

- 1 cup Almond Flour
- 1 Tbsp Cacao Powder
- 1 tsp Baking Powder
- ¼ tsp Sea Salt
- 2 Flax Eggs\*
- ⅓ cup Elmhurst®  
[Unsweetened Milked Oats](#)
- 1 tsp Vanilla
- 3 Tbsp Coconut Sugar
- ½ Tbsp Apple Cider Vinegar
- Plant Based Red Food Coloring

## CREAM CHEESE DRIZZLE

- ⅓ cup Vegan Cream Cheese
- 2-3 Tbsp Elmhurst®  
[Unsweetened Milked Oats](#)
- ½ tsp Vanilla

## DIRECTIONS

1. Whisk together the flours, baking powder, and sea salt in a bowl and set aside.
2. In a separate bowl, mix the eggs, cashew milk, vanilla, coconut sugar, and apple cider vinegar.
3. Fold the flour mixture into your wet ingredients and stir until combined. Then add a few drops of your red food coloring.
4. Pour a spoonful of the batter into a greased skillet over medium low heat; flip over after 2-3 mins once bubbles form on top and cook for another minute.
5. Stir together the cream cheese, cashew milk, vanilla, and maple syrup in a small bowl and drizzle on top!

\*To make a flax egg, combine 1 Tbsp Flaxseed Meal + 2.5 Tbsp Water then let sit for 5 minutes



## FEATURING ELMHURST® UNSWEETENED OAT MILK

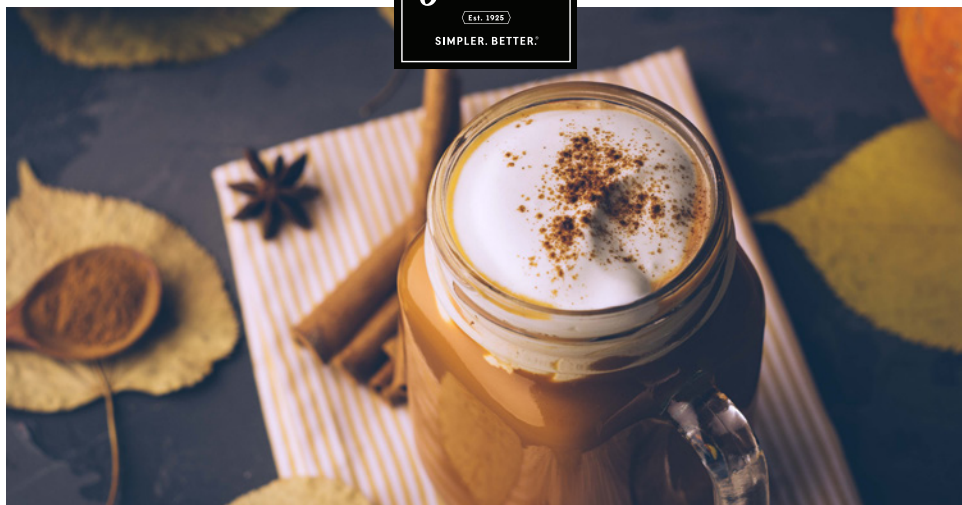
We've got a double feature for you – Red Velvet Pancakes with Cream Cheese Drizzle. Our [Unsweetened Milked Oats](#) adds a perfectly neutral creaminess to balance out the sweetness of this dish. If you're more into [Unsweetened Milked Cashews](#) or any of our other deliciously creamy Plant Milks, you can't go wrong subbing them in.

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## Easy Dairy-Free Pumpkin Spice Latte

Yields 2 servings

### INGREDIENTS

- 2 cups Elmhurst®  
[Oat Barista Edition](#)
- ¾ cup Coffee, brewed strong
- 2 ½ Tbsp Pumpkin Puree
- 2 Tbsp Maple Syrup\*
- 2 tsp Vanilla Extract
- ¾ 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 are 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

Pumpkin Spice Lovers – this simple recipe is an easy way to make the café favorite at home without all that added sugar. [Oat Barista Edition](#) froths up into the perfect fluffy foam to take this lightly-sweetened treat to the next level. Or switch things up and try barista-approved [Unsweetened Milked Cashews](#) if that's more your speed. All our [Barista Editions](#) are made to steam and foam, so any of them will work.

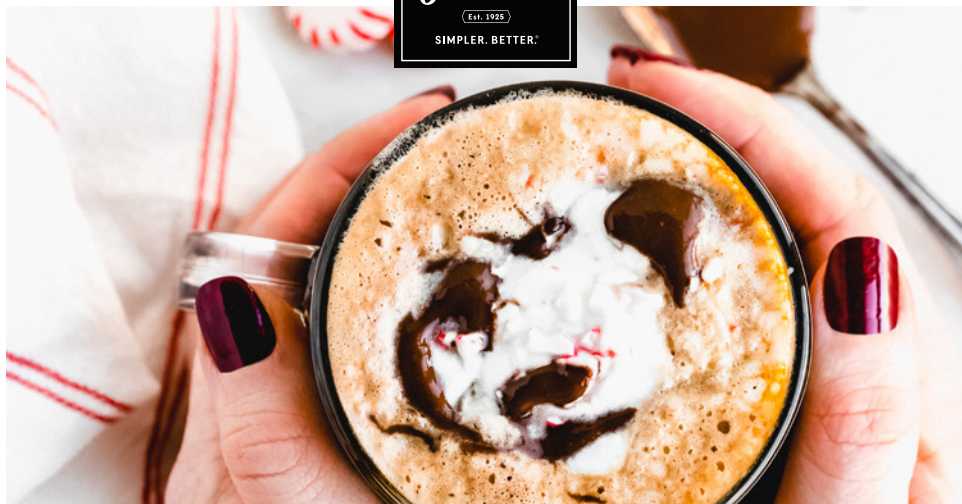
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## Vegan Peppermint Mocha

Yields 2 serving

### INGREDIENTS

- 1 cup Coffee, brewed strong
- ¾ cup Elmhurst® [Pistachio Barista Edition](#)
- 3 Tbsp Vegan Chocolate Sauce
- 3 drops Peppermint Extract
- ½ - 1 tsp Maple Syrup, optional

### DIRECTIONS

1. Brew coffee and prep the chocolate sauce. Set aside.
2. Fill a large mug ¾ of the way with coffee. Add chocolate sauce and peppermint. Stir.
3. Steam or heat the milk on the stove. If desired, froth with a hand or automatic frother. If you don't have either you can also froth it in your blender or (carefully) shake it up in a sealed jar.
4. Combine the coffee mixture with the milk and give it a final stir.
5. Top with frothed milk (and any other toppings you may desire) and enjoy!

\*Optional Toppings – Whipped Coconut Cream, Chocolate chips, crushed peppermints



### FEATURING ELMHURST® PISTACHIO BARISTA EDITION

Cozy up to our decadently sweet Vegan Peppermint Mocha. We love to use [Pistachio Barista Edition](#) in this recipe - it creates an unbelievably light and fluffy froth for topping your coffee. [Oat Barista Edition](#) is also great for adding a bit of creamy sweetness to your mocha. But all our [Barista Editions](#) will steam and foam, so pick your favorite and show us what you come up with.

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## Creamy Vegan Caesar Dressing

Yields about 16 servings

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• 3 Cloves Garlic</li> <li>• 2 Lemons, juiced</li> <li>• ½ tsp Lemon Zest</li> <li>• ½ cup + 2 Tbsp Hemp Hearts</li> <li>• 4 Tbsp Nutritional Yeast</li> <li>• ½ cup Elmhurst® <a href="#">Unsweetened Milked Cashews</a></li> <li>• 1 ½ Tbsp Vegan Dijon Mustard</li> <li>• 1 tsp Salt</li> <li>• 1 tsp Pepper</li> </ul> <p>*Optional: 1 tsp Fresh Dill</p>	<ol style="list-style-type: none"> <li>1. Roughly chop garlic and fresh dill.</li> <li>2. Add all ingredients to a blender and blend until well combined and your desired smoothness.</li> <li>3. Serve with your favorite greens &amp; vegan parm, or store in the fridge for 5-7 days.</li> </ol>



### FEATURING ELMHURST® UNSWEETENED CASHEW MILK

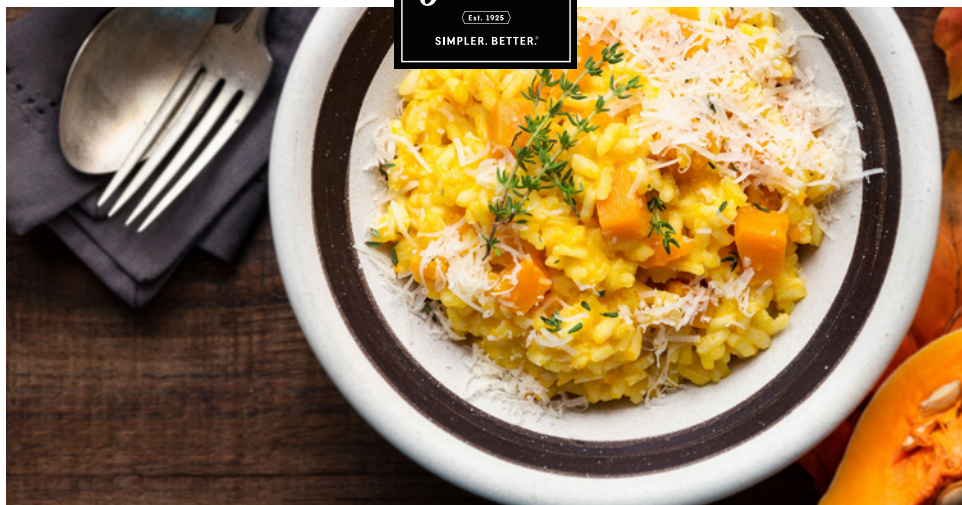
This Vegan Caesar Dressing proves that good-for-you can taste sooo good. We love making this with [Unsweetened Milked Cashews](#) – the creamiest, most buttery variety around. But if you're looking to add an extra bit of plant-based protein, try using [Unsweetened Milked Almond](#). But any of our [Unsweetened Plant Milks](#) work– feel free to get creative and let us know what you try!

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# Roasted Butternut Squash Risotto

Yields 8-10 servings

## INGREDIENTS

- 1 small Butternut Squash
- 3 cups Elmhurst® [Unsweetened Hazelnuts](#)
- 1 ½ cups Arborio Rice
- ½ cup Onion, Chopped
- 1 Tbsp Garlic, Minced
- 2 Tbsp Sage, Chopped
- 1 Tbsp Olive Oil

## DIRECTIONS

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment and cut butternut squash in half lengthwise. Place cut-side down and bake for 30-45 minutes or until tender. Let cool.
3. Remove seeds and peel. Add squash to a blender and blend until smooth.
4. In a large sauté pan, heat oil and add onions, cooking until translucent. Add garlic and sauté for another minute, careful not to burn.
5. Add your rice and sage to the pan and toast for about 2 minutes.
6. Slowly add 1 cup of the hazelnut milk, stirring constantly so that the rice doesn't stick to the bottom.
7. Once almost all the liquid is absorbed, repeat until all the milk has soaked into the rice.
8. Stir in squash puree and continue cooking until the rice is tender
9. Serve immediately topped with chopped sage & vegan feta, if desired and enjoy!

\*Optional - ½ cup Vegan Feta or Parmesan for topping



## FEATURING ELMHURST® UNSWEETENED HAZELNUT MILK

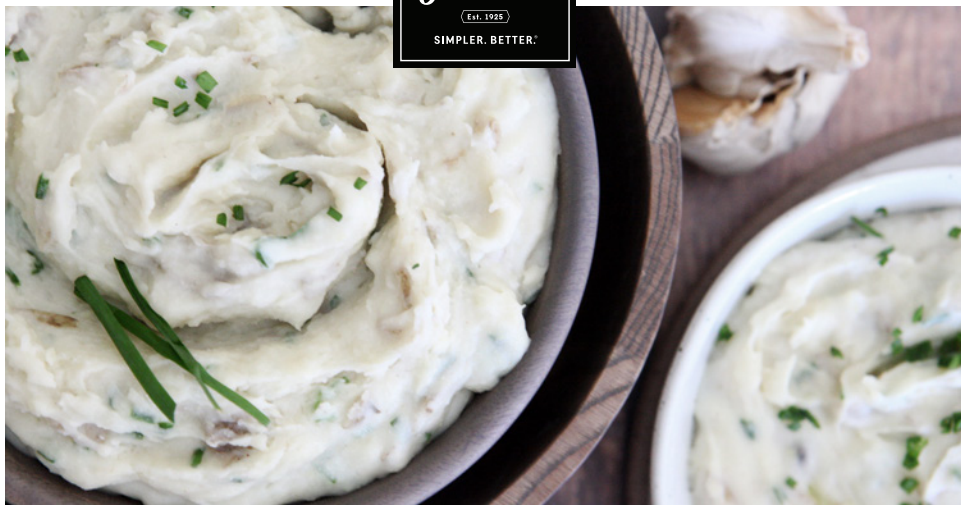
Nothing says 'warm and cozy' quite like a good risotto. And [Unsweetened Milked Hazelnuts](#) + roasted butternut squash is a match made in plant-based heaven. Think: slightly sweet and nutty but savory like good comfort food. Try it with [Unsweetened Milk Almonds](#) for an extra bit of protein, or check out our other [Plant Milks](#) to find your perfect flavor.

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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
- ½ 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

Psst... Our 100% plant-based take on mashed potatoes is so incredibly creamy, nobody will ever guess it's dairy-free. We recommend using [Unsweetened Milked Cashews](#) for the richest, most buttery texture. But we also love [Unsweetened Milked Oats](#) for an extra bit of whole grain. Any of our [Unsweetened Milks](#) will work, so tag us @elmhurst1925 and show us what you come up with!

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## Classic Dairy-Free Mac & Cheese

Yields 6 servings

### INGREDIENTS

- 1 cup Elmhurst® [Unsweetened Milked Cashews™](#)
- ½ cups Hearty Vegetable Stock
- 3 cups Pasta, uncooked
- 1 cup Dairy-Free Shredded Mozzarella Cheese
- ½ 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 CASHEW MILK

Mac & Cheese might be the most classic of classic comfort foods – and our dairy-free twist is as good as (if not better than) the original. We like to make it with [Unsweetened Milked Cashews](#) to get that perfect velvety gooeyness. But you can always get creative and add different flavor notes with any of our [Unsweetened Plant Milks](#).

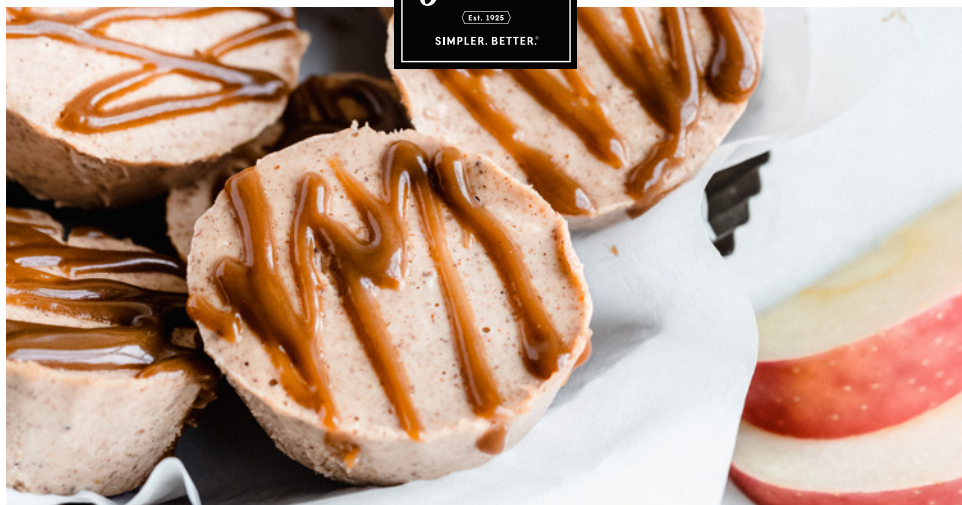
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# Apple Pie Fudge Cups

Yields 12 servings

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• ⅔ cups Elmhurst® <a href="#">Unsweetened Milked Walnuts™</a></li> <li>• ⅔ cups Natural Nut Butter</li> <li>• ½ cups Coconut Oil, melted</li> <li>• 3 Tbsp Maple Syrup</li> <li>• 2 tsp Cinnamon</li> <li>• 1 cup Apples, chopped</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat the oven to 400 degrees.</li> <li>2. Chop 1 cup of apples and toss in coconut oil.</li> <li>3. Spread the apples on a baking sheet, and bake for 45 minutes.</li> <li>4. Once the apples have cooled, add them and the rest of ingredients to a blender. Blend until completely combined.</li> <li>5. Pour mixture into mini muffin pan.</li> <li>6. Freeze for 30-35 minutes.</li> <li>7. Remove from freezer and if desired, drizzle with peanut butter, caramel or other topping of choice.</li> </ol>



## FEATURING ELMHURST® UNSWEETENED WALNUT MILK

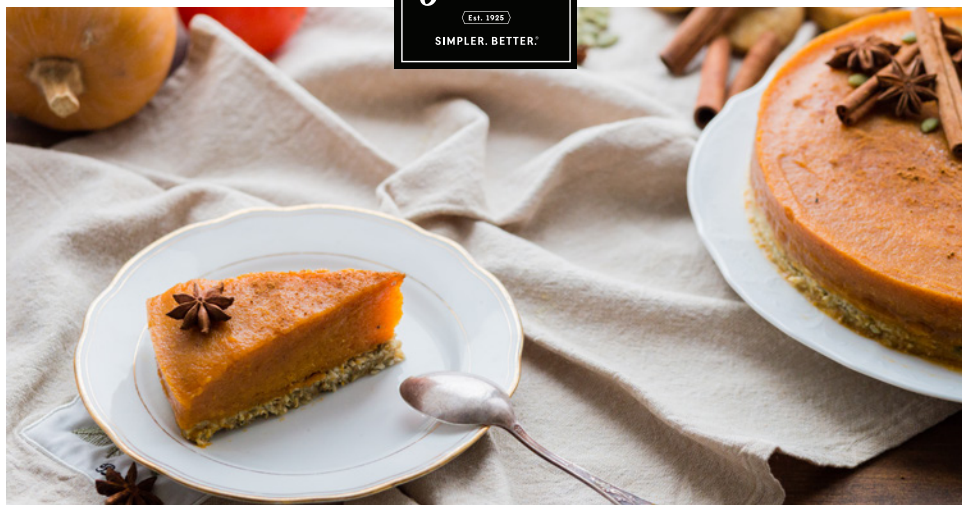
These Apple Pie Fudge Cups are sure to be love at first bite. Sweet apples, decadent maple syrup, warm cinnamon and toasty [Unsweetened Milked Walnuts](#) for balance. Mwah – \*chef's kiss\* – perfection! If you like yours a bit more indulgent, give [Unsweetened Milked Hazelnuts](#) a shot. Or you can customize this recipe with your favorite [Plant Milk](#).

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# Dairy-Free Pumpkin Cheesecake

Yields 1 8-inch Cheesecake

## INGREDIENTS

### FOR THE CRUST:

- 1 ½ - 2 cups Graham Crackers
- 1/4 cup Dairy-Free Butter, melted

### FOR THE FILLING:

- ½ cup Elmhurst® [Unsweetened Milked Cashews](#)™
- 1 ¼ cups Raw Cashews, soaked in hot water for 1 hour
- 1 cup Pumpkin Puree
- ½ cup Sugar
- 1 Tbsp Corn Starch
- 1 tsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- ¼ 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 CASHW MILK

What's more perfect for cozy-season than a creamy, pumpkin-y treat? Try this vegan-friendly Pumpkin Cheesecake made with [Unsweetened Milked Cashews](#) and soaked raw cashews (our secret dairy-free substitute for cream cheese). Luckily [any of our Plant Milks](#) work, so tag us @elmhurst1925 and let us know how yours turns out!

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## Vegan Chocolate Chip Cookies

Yield: 3 dozen cookies | Serving size: 1 cookie

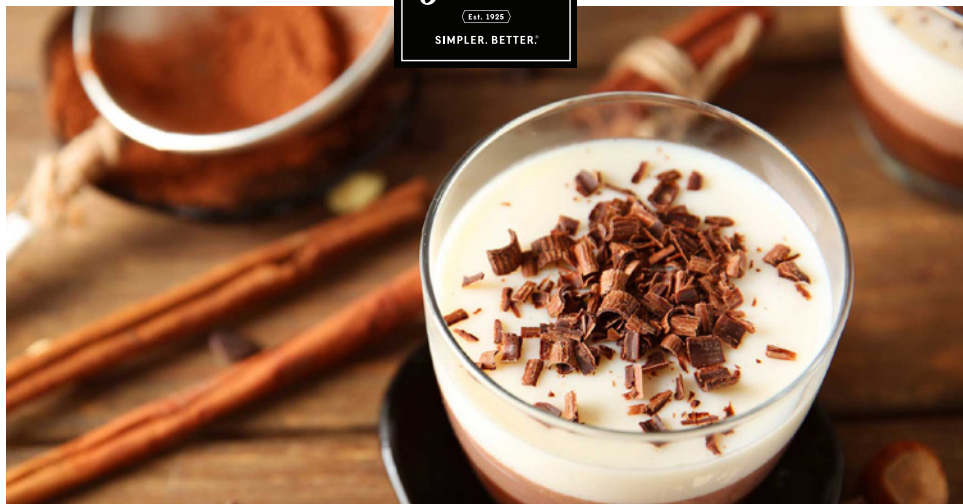
INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• ¼ cup Elmhurst® <a href="#">Unsweetened Milked Almonds</a></li> <li>• 1 cup Vegan Butter</li> <li>• ½ cup Brown Sugar</li> <li>• ½ cup Sugar</li> <li>• 1 tsp Vanilla Extract</li> <li>• 2 ¼ cups All-Purpose Flour (You Can Also Substitute For All-Purpose Gluten-Free Flour)</li> <li>• ½ tsp Salt</li> <li>• 1 tsp Baking Soda</li> <li>• 1 ½ cups Vegan Chocolate Chips</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees.</li> <li>2. In a medium bowl, mix flour, baking soda, and salt until completely combined.</li> <li>3. In a separate bowl, mix together the butter and both types of sugar using an electric mixer.</li> <li>4. Add the dry ingredient mixture to the wet and mix until fully incorporated.</li> <li>5. Form into tablespoon sized balls and gently press across the top of the cookies.</li> <li>6. Bake for 8-10 minutes, or until edges are firm and bottoms are golden brown. Allow to cool on pan for 5-10 minutes, then transfer to a wire cooling rack to finish cooling.</li> </ol>

### FEATURING ELMHURST® UNSWEETENED MILKED ALMONDS

These Vegan Chocolate Chip Cookies might be one of our favorite recipes – we bring them to all the holiday parties. Seriously, it's the perfect Chocolate Chip Cookie! Nutty [Unsweetened Milked Almonds](#) balances out perfectly with the sweet brown sugar and vegan chocolate. We also love making these with our [Unsweetened Milked Cashews](#).



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# Homemade Double Hot Chocolate

Serves 8 Cups

## INGREDIENTS

- 6 cups Elmhurst® [Oat Barista Edition](#)
- ½ cup Vegan Chocolate Chips
- ¼ cup Cocoa Powder
- 2 Tbsp Maple Syrup
- 1 tsp Ground Cinnamon
- 2 tsp Vanilla Extract

## DIRECTIONS

1. In a medium pot, combine the oat milk, chocolate chips and cocoa powder. Whisk together and bring ingredients to a soft simmer ensuring to melt the chocolate.
2. Lower heat and continue to simmer for 3-5 minutes to reduce and thicken the mixture a bit; stirring occasionally.
3. Remove from heat and add maple syrup, cinnamon and vanilla extract. To spice things up try adding cayenne pepper and salt.
4. Divide amongst your favorite cozy mugs. Garnish with whipped topping, marshmallows or a dash of cinnamon and enjoy!



## FEATURING ELMHURST® OAT BARISTA EDITION

What's better than hot chocolate? Double Hot Chocolate! And our version is 100% dairy-free – [Oat Barista Edition](#) has the perfect creamy sweetness for this cozytime classic. But if you're looking for an extra-buttery alternative with even less sugar, substitute in [Unsweetened Milked Cashews](#). All our [Barista Editions](#) are made to steam and foam, so just pick your fav and go for it!

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## Spiked Iced Chai

Yields 1 cocktail

### INGREDIENTS

- 1 oz Elmhurst® [Pumpkin 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® PUMPKIN SPICE OAT CREAMER



Looking for a cocktail with a splash of spice and everything nice? Try this one made with our limited-edition [Pumpkin Spice Oat Creamer](#), or add notes of rich vanilla with our decadent [French Vanilla Oat Creamer](#). Good news – you can sub in any of our [Oat Creamers](#), and they're all made with 1g sugar or less, so you can feel good about every sip. Let us know which one you pick!

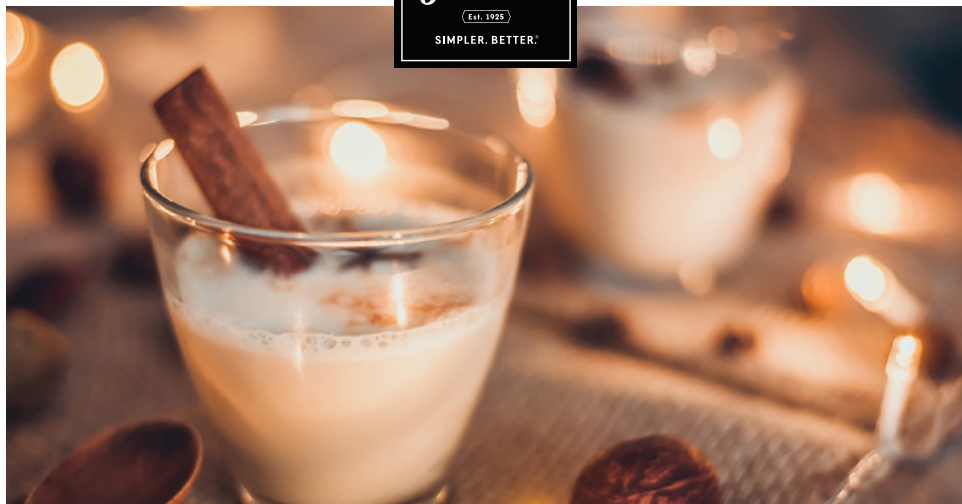
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## Classic Boozy Nog

Serves 6-8

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• 4 cups Elmhurst® <a href="#">OatNog</a></li> <li>• 4 oz Dark or Spiced Rum</li> <li>• 2 oz Cognac</li> <li>• Ground Nutmeg</li> <li>• Ground Cinnamon</li> <li>• Cinnamon Sticks for Garnish</li> </ul>	<ol style="list-style-type: none"> <li>1. Combine the OatNog, rum and cognac in a pitcher</li> <li>2. Pour into glasses and top with a pinch of ground nutmeg &amp; cinnamon</li> <li>3. Garnish with a cinnamon stick and enjoy!</li> </ol>



### FEATURING ELMHURST® OATNOG WITH CASHEW

Say, what's in this drink? Baby, it's cozy holiday goodness! [OatNog](#)'s blend of dreamy oat milk, buttery cashews and warm spices is even better than eggnog. Spike it with the good stuff and you've got the perfect seasonal cocktail. Pro tip: OatNog steams like a champ, so if you're looking to make things extra frothy, you can simmer it in a saucepan and whisk it up before adding the liquor and garnish.

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# What Plant Milk is Best for You?

---

**FAM, THERE'S MORE THAN JUST ALMOND AND OAT MILK. WE'VE GOT CASHEW, HAZELNUT, WALNUT, PISTACHIO – SO MANY VARIETIES, AND EVERY ONE'S UNIQUE! IF YOU'RE LOOKING TO TRY SOMETHING NEW, THIS SECTION IS A WILL HELP YOU FIGURE OUT WHICH ONE'S RIGHT FOR YOU.**

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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 AAAAHHH-MAAAZINGG! - **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	11	9	9
GUMS	NO	YES	YES	YES	YES
LECITHIN	NO	YES	NO	YES	NO
PROTEIN*	5g	1g	1g	1g	1g
SODIUM*	5mg	140mg	140mg	170mg	180mg
PALEO-FRIENDLY	✓				






\*Per 8 fl oz serving

ORIGINAL  
OAT MILK

PRODUCT	ELMHURST®	OATLY®	CALIFIA FARMS®	SILK®	PLANET OAT®
# INGREDIENTS	5	12	9	14	10
WHOLE GRAIN STAMP	✓				
GUMS	NO	NO	NO	YES	YES
ADDED OILS	NO	RAPESEED	SUNFLOWER	SUNFLOWER	NO
PROTEIN*	3g	3g	2g	1g	2g
TOTAL FAT*	1.5g	5g	6g	5g	1.5g
FIBER	2g	2g	<1g	0g	2g

\*Per 8 fl oz serving


ELMHURST VS. LEADING BRANDS

<div>OAT CREAMERS</div>					
PRODUCT	 ELMHURST®	 CALIFIA FARMS®	 SILK®	 NATURAL BLISS®	 NUTPODS®
BASE	Whole Grain Oats & Hemp Cream	Oats, Oil & Gums	Whole Oat Flour, Oil & Gums	Oat Flour, Coconut Oil & Gums	Whole Oat Flour, Oil & Gums
# INGREDIENTS	7	11	9	8	10
GUMS	NO	YES	YES	YES	YES
OILS	NO	SUNFLOWER	SUNFLOWER	COCONUT	SUNFLOWER
CALORIES*	15	20	25	30	10
TOTAL FAT*	0.5g	1g	1g	1g	1g
CARBS*	2g	2g	4g	5g	0g
SUGAR*	1g	2g	4g	4g	0g
ADDED SUGAR*	1g	2g	4g	4g	0g
SODIUM*	0mg	10mg	10mg	25mg	15mg

\*Per 1 Tbsp serving



ELMHURST VS. LEADING BRANDS

OAT NOG						
	ELMHURST® OATNOG	HORIZON® ORGANIC EGGNOG	CALIFIA FARMS® HOLIDAY NOG	ALMOND BREEZE® NOG	SO DELICIOUS® COCONUT MILKNOG	SILK® NOG
# INGREDIENTS	6	10	13	13	9	9
BASE	Oat & Cashew	Dairy	Almond	Almond	Coconut	Soy
SUGAR*	8g	22g	8g	11g	15g	12g
ADDED SUGAR*	7g	15g	8g	11g	15g	11g
TOTAL FAT*	2g	3g	1.5g	1.5g	2g	1.5g
CALORIES*	90	140	50	70	90	80
SODIUM*	50mg	85mg	85mg	75mg	115mg	70mg
WHOLE GRAIN	✓					
GUMS	NONE	Locust Bean, Gellan Gum	Lecithin, Locust Bean, Gellan Gum	Lecithin, Guar, Gellan	Guar, Xanthan Gum	Locust Bean Gum

\*ALL NUTRITION COMPARISONS BASED ON 1/2 CUP (4 FL OZ) SERVING SIZE.

## UNSWEETENED PLANT MILKS



PRODUCT NAME	UNSWEETENED MILKED ALMONDS™	UNSWEETENED MILKED CASHEWS™	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 <sup>†</sup> & Protein	Barista Approved	25g Whole Grain*	Excellent Source Omega-3 <sup>‡</sup>	Good Source Vitamin E <sup>§</sup>
PROTEIN*	5g	4g	3g	3g	2g
CALORIES*	130	130	100	120	90
TOTAL FAT*	11g	10g	2g	11g	9g
CARBS*	3g	7g	17g	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	✓	✓	✓	✓	✓
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  
§ Per Serving

SHOP UNSWEETENED

BARISTA SERIES



PRODUCT NAME	OAT BARISTA EDITION	PISTACHIO BARISTA EDITION	ALMOND BARISTA EDITION
CASUAL NAME	Oat Barista	Pistachio Barista	Almond Barista
KEY BENEFIT	20g Whole Grain*	3g Protein*	3g Protein*
PROTEIN*	3g	3g	3g
CALORIES*	90	100	90
TOTAL FAT*	1g	4.5g	4.5g
CARBS*	14g	13g	10g
SUGAR*	4g	7g	5g
ADDED SUGAR*	3g	4g	3g
SODIUM*	105mg	95mg	85mg
FLAVOR PROFILE	Velvety smooth and neutral Oat Barista adds a subtle sweetness that allows the nuances of your roast to shine through without any oily aftertaste.	Rich and buttery Pistachio Barista adds a touch of decadence that complements hot or iced coffee and upgrades any latte.	Gentle, nutty and slightly sweet – Almond Barista blends well into any roast without the bitterness of some other almond milks.

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

SHOP BARISTA



BARISTA SERIES INCLUDES CASHEW, TOO!

Ever wonder why our Cashew Milk has a Barista-Approved stamp? Well, quite simply, it foams and froths like a champ! Both our Lightly Sweetened and Unsweetened Cashew Milks are full-bodied for unbeatable performance in coffee, lattes and cappuccinos. Yes, even Unsweetened Cashew.

Cashew’s nuanced, buttery flavor perfectly complements the distinct nuances of any roast or blend without the papery aftertaste you get with some other brands’ cashew milks.

OAT CREAMERS



PRODUCT NAME	UNSWEETENED OAT CREAMER	FRENCH VANILLA OAT CREAMER	CARAMEL MACCHIATO OAT CREAMER	PISTACHIO CRÈME 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	✓	✓	✓	✓
FLAVOR PROFILE	Unbelievably smooth and neutral for adding body to coffee or soups, sauces and recipes.	Notes of rich vanilla and just a hint of creamy sweetness complement any roast.	Not-too-sweet caramel adds a bit of luxury to hot or iced coffee—just like the café favorite.	Decadent, buttery pistachio brings a touch of velvety sweetness to any blend.

\*Per 1 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**  
LIVE BETTER. DO MORE. DAIRY-FREE.

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.

[LEARN MORE](#)

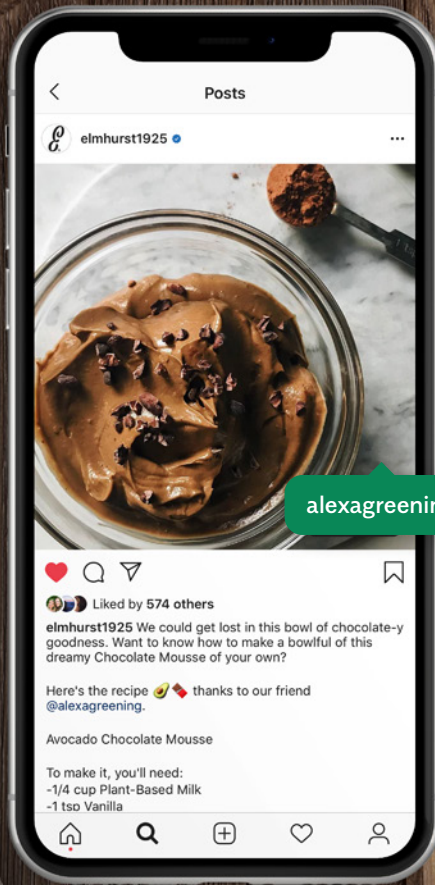


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**YOU COULD WIN A FREE 6-PACK!** Be sure to share what you make and use #ElmhurstRecipes and tag us @elmhurst1925. Each month, we'll highlight one lucky winner on our page who will also receive a free 6-pack of their favorite plant milk!

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