



ALL NATURAL
NUT MILK BAG
GUIDE

TABLE OF CONTENTS

INTRODUCTION.....PAGE 3

BASIC NUT MILK RECIPE.....PAGE 4

SOAKING & RATIO CHART.....PAGE 5

CLEANING & CARE.....PAGE 6

RECIPES.....PAGES 7-25



INTRODUCTION



Thank you for buying Pan Nut Milk Bags!
We hope you love using them as much as we loved making them.

Here at Pan, we are passionate about empowering people to live healthier, more sustainable lives. Our nut milk bag has superior quality and is made from sustainable materials, giving you the ability to produce the best possible nut milks you can. However, it doesn't end there!

Read on to learn about the many innovative ways that you can use your Pan Nut Milk Bags, from original nut milks, to cold brew coffee, to a fantastic fertiliser for your garden using that rich, nutritious leftover nut pulp.



BASIC NUT MILK RECIPE

1. SOAK

Soak one cup of nuts in water. After soaking, rinse the nuts in water.

For extra smooth milk, remove any nut skins at this stage.

2. BLEND

Place soaked nuts into a blender and add one litre of water. Blend for one minute or until smooth.

3. STRAIN

Place a Pan Nut Milk Bag in a large bowl, arranging it open and upright. Pour the nut milk mixture into the bag. Close the bag, squeezing the milk out, leaving the pulp remaining. To store, place the milk in an airtight bottle and keep refrigerated.

Natural nut milks separate when stored. To combat this, simply give the bottle a small shake before consumption.

SOAKING CHART & RATIO GUIDE

NUT TYPE	SOAKING TIME	NUTS PER LITRE*
ALMONDS	8-12 HOURS	1 CUP
HAZLENUTS	8 HOURS	$\frac{3}{4}$ CUP
MACADAMIAS	8 HOURS	$\frac{3}{4}$ CUP
PEANUTS	8 HOURS	1 CUP
PINE NUTS	8 HOURS	1 $\frac{1}{4}$ CUP
PECANS	4-6 HOURS	1 $\frac{1}{4}$ CUP
WALNUTS	4 HOURS	1 $\frac{1}{4}$ CUP
CASHEWS	2 HOURS	1 CUP
HEMP SEEDS	4 HOURS	1 CUP
FLAXSEEDS	NO SOAKING	$\frac{1}{4}$ CUP
PISTACHIOS	NO SOAKING	1 CUP (shelled)
BRAZIL NUTS	NO SOAKING	1 $\frac{1}{4}$ CUP

*when making nut milk, not soaking

CLEANING AND CARE

Pan Nut Milk Bags are made of natural and organic fibres. This is the best material for the environment and for your nut milk regime. However, there are particular ways you need to care for your Pan nut milk bag to ensure you get as much milk out of it as possible!

PREVENTING NUT MILK SPOILAGE

If your nut milk spoils earlier than 4 – 5 days, an unclean nut milk bag or blender could be the culprit. It is important to keep your blender and nut milk bag sterile. Following soaking, ensure you rinse the nuts thoroughly in clean, filtered water. Ensure your blender is very clean by scrubbing with a mixture of water and bicarbonate soda. Sterilize your nut milk bag (see below).

WASHING AND DRYING YOUR NUT MILK BAG

Before First Use:

Handwash your nut milk bag in pure castile soap. Rinse thoroughly. Sanitize your nut milk bag by placing in boiling water for 15 minutes. Dry inside out in a well ventilated space.

After Each Use:

Rinse in water to remove excess pulp. You can place it in the dishwasher or washing machine, but ensure that you sterilise the bag following this as a washing machine or dishwasher may not be completely clean. Alternatively, hand wash the nut milk bag as above and dry in a well-ventilated space. Sterilize your nut milk bag by air drying in direct sun or placing in boiling water for 15 minutes after washing.

STORING YOUR NUT MILK BAG

For bacteria prevention we recommend that you store your nut milk bag in a paper bag or a clean glass jar. If you notice your nut milk bag developing a smell, soak the nut milk bag in a solution made up of 1 cup of boiling water and 4 tbsp of vinegar for an hour and then dry in the sun.

RECIPES

DRINKS

Hemp & Sesame Seed Vanilla Milk

Zesty Macadamia Detox

Chocolate Hazelnut Milk

Spiked Pine Nut Chai

Cold Brew Coffee

Iced Tea

FOOD

Vegan Apple Crumble

Almond Crispbread

Peanut Yogurt

Coconut Curry Sauce

Basic Cauliflower 'Rice'

Cashew Chevré-Style Cheese

TREAT YOURSELF

Grand Finale Spiked Milk

Macadamia Coffee Flip

Simple Homemade Coffee Liqueur

Drowned Chocolate Affogato

Toasted Macadamia White Russian

The Russian Daily Tincture

Hemp & Sesame Seed Vanilla Milk

Ingredients

$\frac{2}{3}$ cup shelled hemp seeds
 $\frac{1}{3}$ cup sesame seeds
3 cups filtered water
pulp from 1 vanilla bean
a pinch of salt



One great thing about hemp and sesame seeds is they don't take long to soak. Try them in this delicious milk!

Method

1. Soak the sesame and hemp seeds for 30 minutes to 1 hour.
2. After soaking, add the seeds to a blender with the water, salt and vanilla and blend for 30 to 60 seconds.
3. Strain the mixture through one of your Pan Nut Milk Bags.
4. For storage, pour the fresh nut milk into a clean glass jar or bottle. Hemp and sesame milk can last up to three days in a well-chilled refrigerator. Sweeten with dates, prunes, maple syrup or stevia. Enjoy!

Zesty Macadamia Detox

Ingredients

½ cup macadamia nut milk
2 tbsp apple cider vinegar
2 tbsp lemon juice
½ tsp ground ginger
½ tsp ground cinnamon
a dash of cayenne pepper
2 tsp agave syrup

Method

Combine all ingredients in the blender on high for 30 seconds or until frothy and serve.



Chocolate & Hazelnut Milk

Ingredients

1 cup raw organic hazelnuts
3 cups filtered water
a pinch of salt
1 sliced vanilla bean or 1 tsp natural vanilla extract
4 medjool dates
2 tbsp pure cacao powder

A decadent but
wholesome treat!

Method

1. Soak the hazelnuts by placing them in a glass/ceramic bowl and covering with water. Add the sea salt to the mixture and cover with a clean kitchen towel to soak for 8 hours at room temperature.
2. Drain and rinse the hazelnuts using a Pan Nut Milk Bag.
3. Place hazelnuts, water and salt into a blender and pulse on high until milky smooth.
4. Strain the mixture through a Pan Nut Milk Bag over a large glass bowl. Squeeze bag until all moisture is removed. Rinse and return strained milk to the blender jug.
5. Add vanilla, medjool dates and cacao powder and pulse on high.
6. The milk will store for 2 to 3 days in the fridge in a sealed container or enjoy a large glass of chocolate hazelnut milk right away. Your body will love you for it!

Spiked Pine Nut Chai

Ingredients

½ cup pine nut milk
½ cup chai tea
1 tbsp lemon juice
4 tbsp orange juice
½ tsp ground cinnamon
2 shots bourbon
2 tsp agave syrup

Method

1. Brew the chai tea with boiling water and leave to steep in a teapot.
2. In a small saucepan, bring the pine nut milk to a simmer. Meanwhile, combine all remaining ingredients in a mug.
3. Remove the pine nut milk from the heat. Add ½ cup of the chai tea to the saucepan, and then carefully pour the saucepan contents back into the mug.
4. Sprinkle cinnamon over the top and serve immediately.



Did you know? Pine nuts are a great source of magnesium, calcium and vitamin E.

Cold Brew Coffee

Ingredients

1 tbsp freshly ground coffee
250ml filtered water
an elastic band

There's nothing like a refreshing cold brew on a warm day. Pan Nut Milk Bags come with a convenient smaller size, which is perfect for brewing coffee.

Method

1. Place the filtered water in a clean glass jar.
2. After placing the freshly ground coffee inside your small Pan Nut Milk Bag, carefully lower the bag into the jar, folding the edges of the bag around the lips of the jar. Ensure the coffee is below water level. Fasten the drawstring on the bag to keep it in place.
3. Using an additional Pan Nut Milk Bag, place over the top of the jar and place an elastic band around it.
4. Keep the coffee in a cool dark place for 24 hours, then remove your Pan Nut Milk Bags and coffee grounds, straining out the excess coffee liquid.
5. Keep refrigerated in a sealed glass jar, and when ready to drink serve equal amounts coffee with cold filtered water or ice. Handy hint – for a hot coffee use boiled water.

Did you know? Used coffee grinds are very beneficial as a garden fertilizer. Simply place around the soil surface, or see our homemade fertilizer recipe!

Iced Tea

Put your favorite iced tea blend into your Pan Nut Milk Bag and let the flavours infuse. Most traditional teas, like Earl Grey, will be ready to drink after a two-hour infusion. Here are some great blends to try.

Hi-Berry

20gm loose leaf Hibiscus and a variety of sliced fresh wild berries. Infuse in 1L of cold filtered water for 2.5 hours. *Delicious rich flavours, great for the soul.*

Sweet Citrus Grey

Add 20gm loose leaf Earl Grey to 1L boiled filtered water and steep for 3 to 5 minutes. Remove the tea leaf, stir in $\frac{3}{4}$ cup freshly squeezed orange juice and 2 tbsp honey or agave syrup. Stir until dissolved. Refrigerate for 2 hours until chilled. *A natural vitamin boost!*

Mint Mine Mind

20gm loose leaf Jasmine and a leafy sprig of mint. Infuse in 1L of cold filtered water for 4 hours and add freshly sliced lemon to serve. *An infusion to freshen the mind.*

Vegan Apple Crumble



Ingredients

Crumble Mixture

1 cup rolled oats
½ cup nut pulp
½ cup unbleached all-purpose flour
½ cup sugar
½ cup brown sugar
½ cup walnuts, chopped
¼ tsp sea salt
1 tsp ground cinnamon
½ cup melted coconut oil

Apple Mixture

8 medium to large apples
2 tbsp lemon juice
⅔ cup sugar
1 ½ tsp ground cinnamon
3 tbsp arrowroot starch
¼ cup water
a pinch of nutmeg

Method

1. Preheat oven to 350°F.
2. Peel and core apples and chop into thin slices. Place in a large bowl.
3. Add lemon juice, sugar, arrowroot, water and nutmeg. Mix to combine. Place in a medium sized baking dish.
4. In another bowl, mix together the oats, nut pulp, flour, sugars, walnuts, salt and cinnamon. Stir to combine. Make a well in the centre of the mixture and add the melted coconut oil. Mix until all combined.
5. Place the crumble mixture over the apples and spread evenly.
6. Bake for 50 minutes to 1 hour or until the topping has a warm walnut colour. Remove from the oven and let it rest at least 30 minutes before serving.

Almond Crispbread

Ingredients

1 cup almond pulp meal
2 tbsp fresh pressed
virgin coconut oil, plus 1
tbsp for brushing
 $\frac{3}{4}$ tsp salt
2 tbsp fresh herbs, finely
chopped (rosemary,
sage, thyme, lavender,
chives and/or oregano)

Leftover nut pulp makes a fantastic nut 'meal' for use in many delicious recipes. To prepare your nut milk pulp for use as nut meal simply spread it out thinly over a clean oven tray, cover with a clean tea towel, and leave overnight.

Method

1. Preheat oven to 350°F.
2. Mix all ingredients together in a large bowl until it has a dough-like consistency. Using your hands, form a rounded ball from the mixture and place it onto tray size sheet of baking paper.
3. Place another piece of baking paper on top the dough and, using a rolling pin, roll out the dough into a thin layer. Peel back the top layer of paper to reveal the dough and shape it into a rectangle using a spatula.
4. Using a knife, cut the dough into small cracker sized rectangles - the shape is up to you! Place the crackers onto an oven tray over baking paper.
5. Poke holes into each cracker using a fork to help release moisture and lightly brush each cracker with coconut oil.
6. Bake in the oven for 20 to 25 minutes.
7. Remove the tray from the oven, turn over each cracker and bake for a further 15 minutes until they become a crisp golden brown.
8. Remove the crackers from oven and allow to cool on the baking sheet.
9. Top with your favourite cheese or on top of salads for a beautiful nutty crunch! Perfect as an accompaniment to Cashew Chevré-Style Cheese (see recipe).

Cashew Chevre-Style Cheese

Ingredients

1 ¼ cups raw cashews,
soaked for 6 hours
2 ½ tbsp lemon juice
3 tbsp extra virgin olive oil
½ clove garlic
a pinch of salt
paprika, optional
⅔ cup filtered water



Method

1. Preheat oven to 325° F.
2. In a blender, combine the cashews, lemon juice, olive oil, garlic, salt and water. Blend on high until the mixture resembles a smooth paste.
3. Remove the mixture from the blender and place in a Pan Nut Milk Bag over a medium sized bowl. Squeeze the bag to extract as much liquid as possible. Discard the liquid.
4. Place the nut milk bag in a bowl, place the bowl in the fridge and leave overnight.
5. After draining overnight, remove the cashew mixture from the nut milk bag and place on a lightly oiled baking sheet on an oven tray.
6. Mould the cheese until it is round and flat but still 2cm to 3cm thick. Bake for 25 to 30 minutes. Remove from the oven.
7. Enjoy this smooth, creamy cheese! After the cheese cools, place in an airtight container and store in the refrigerator. Sprinkle with paprika before serving for an extra bite.

Healthy tip! Add ⅓ cup nutritional yeast for a health boost and cheesy bite.

Peanut Yogurt

Ingredients

⅓ cup peanuts
1.5L water
extra water
(for paste and
soaking)
1 tsp soy yogurt

Method

1. Soak the peanuts for 8 hours.
2. After soaking, strain the peanuts using a Pan Nut Milk Bag.
3. Place the peanuts into a food processor and add a small amount of water. Grind the peanuts into a fine paste.
4. Meanwhile, bring 1.5L water to boil. Adding the paste, reduce the heat and simmer for about 35 minutes. Leave the brew to cool before straining the peanut milk into another saucepan through your Pan Nut Milk Bag.
5. Heat the nut milk very slightly, and stir in the soy yogurt to 'feed' your nut milk. Remove from the heat, cover and store in a warm place for 8 hours for your culture to grow.
6. Your peanut yogurt will keep for over a week in the fridge, if you can keep yourself from eating it all at once!

Healthy tip! Keep the peanut nut pulp for garnishing soups, salads and rice.

Coconut Curry Sauce

Ingredients

2 cups fresh coconut milk*
2 tbsp green curry paste
half a large lemon
1 tbsp olive oil
1 large bay leaf
1 small onion, finely
chopped
1 garlic clove, finely
chopped
300ml dry white wine

Method

1. Gently heat the olive oil in a medium sized saucepan, and lightly sauté onion and garlic until they look translucent.
2. Add the curry paste and stir gently for 1 minute.
3. Add remaining ingredients to the saucepan including your fresh coconut milk.
4. Bring to the boil, then reduce the heat to a gentle simmer for 10 minutes, stirring occasionally.
5. Season with salt and pepper to taste and garnish with fresh parsley.
Serve and enjoy!

This warming curry sauce is nourishing and delicious with the addition of freshly homemade coconut milk. Enjoy when you're craving something spicier!

Healthy tip! Add this over your favorite fresh, lightly cooked seafood.

Basic Cauliflower 'Rice'

Ingredients

1 large cauliflower,
roughly chopped
1 ½ cups filtered water
a pinch of salt

Method

1. Place a medium sized saucepan of water on a medium heat. Add a pinch of salt.
2. Put the chopped cauliflower into a food processor and pulse until it resembles a rice-like texture.
3. Place the ground cauliflower in a Pan Nut Milk Bag and squeeze until there is no more remaining liquid. Rinse the bag to use again shortly.
4. Once the water has come to the boil, add the ground cauliflower, and reduce the heat to a simmer for 30 minutes.
5. Remove the saucepan from the heat and carefully strain using a Pan Nut Milk Bag. A great way to do this is to place the nut milk bag in a colander. The fine mesh will prevent losing cauliflower through the colander.
6. Add salt to taste, and serve with your favorite curries, stir fries and sauces! Enjoy!

Healthy tip! Substitute ½ cup of water with your favorite fresh nut milk for a subtle, fresh flavor.

Grand Finale Spiked Milk

Ingredients

50ml Jamaican rum
¼ cup almond milk
¼ cup macadamia milk
1 tsp cinnamon
2 tsp agave syrup

Method

Combine all ingredients in a blender and serve on the rocks.



Macadamia Coffee Flip

Ingredients

- ½ cup coffee liqueur (Kahlua or homemade)
- 2 tbsp coconut cream
- 2 medjool dates
- ½ cup ice
- 1 tsp cinnamon

Method

1. Combine the coffee liqueur, dates and coconut cream in a blender with ½ cup of ice.
2. Blend until frothy.
3. Pour into a cold glass and top with cinnamon. Delicious!



Simple Homemade Coffee Liqueur

Ingredients

4 cups cold brew coffee
(see drink recipe)
4 cups vodka
2 tbsp vanilla extract
3 cups dark brown sugar
(or mix 1 ½ cups white
sugar/1 ½ cups dark
sugar)
½ cup filtered water

This delicious and versatile
coffee liqueur couldn't be
easier to make! It can also be
used as a basis for cocktails.
See our cocktail recipes below!

Method

1. In a small saucepan over a medium heat, bring the sugar and water to the boil. Stir frequently.
2. Once the mixture becomes syrupy, remove the saucepan from the heat.
3. As the mixture cools, stir in the cold brew coffee, vodka and vanilla extract. Set aside.
4. Once the mixture has become cool, place it in the fridge and let it sit for a few hours.
5. Store the liqueur in a glass bottle at room temperature.



Decadent Drowned Chocolate Affogato

Ingredients

1 scoop chocolate ice cream
60ml coffee liqueur (Kahlua or homemade, see recipe)
¼ cup hazelnut milk
¼ cup hazelnut pulp
2 tsp agave syrup
1 pitted medjool date

This delicious drink is ideal to make soon after you make hazelnut milk as it works best with fresh hazelnut pulp.

Method

1. Place the hazelnut pulp into a blender with the pitted date and blend. Set aside.
2. Place a scoop of ice cream into a glass. Ensure that ice cream fills the width of the glass.
3. In a separate cup, combine the coffee liqueur and hazelnut milk. Pour mixture over the ice cream. Place the hazelnut pulp topping over the ice cream, and serve!

Toasted Macadamia White Russian

Ingredients

Toasted Nut Milk

1 cup unsalted, raw
macadamia nuts
2 ½ cups boiled filtered
water
a pinch of salt
2 tsp agave syrup (optional)

White Russian

45ml coffee liqueur (Kahlua
or homemade, see recipe)
60ml vodka
½ cup toasted macadamia
nut milk
1 tsp vanilla extract
½ cup ice

Method

1. Place a medium fry pan on a low to medium heat. Once its hot, spread the macadamia nuts in the pan and roast them, stirring, for 5 minutes. Once the macadamias are a golden brown colour, remove them from the heat.
2. Transfer the macadamias to a blender. Add the boiling water and blend until smooth. Set aside.
3. Once the mixture has cooled, use the Pan Nut Milk Bag to strain out the nut pulp. Squeeze the bag until no more liquid remains.
4. Return the milk to the blender. Add the agave and a pinch of salt and blend until mixed through.
5. In a cocktail shaker, mix together the macadamia nut milk, vodka, coffee liqueur and vanilla extract. Add the ice and shake well for one minute. Strain into a frosted glass and enjoy!



Healthy tip! You can substitute the macadamia nuts for 1 cup of hazelnuts and ¼ cup cacao nibs for a decadent chocolate variation!

The Russian Daily Tincture

Ingredients

3 tbsp pine nut shell powder
½L vodka

This traditional Russian tincture is great for your blood and lymphatic systems, amongst other numerous health benefits. One course of tincture consists of taking 1 tbsp 3 times a day for 1 to 2 months, 2 to 4 times a year with breaks in between.*

Method

1. In a large bowl, combine the pine nut shell powder and the vodka and cover with a clean tea towel. Set aside to soak in a warm, dark place for ten days.
2. After ten days, stir the mixture, then set aside for another 24 to 36 hours.
3. Once the time is up, filter the tincture through a Pan Nut Milk Bag. Store the mixture in an airtight glass bottle.

*The information provided in the All Natural Pan Nut Milk Bag Guide is not to be taken as medical advice. If unsure if this course is right for you, consult a qualified medical practitioner.

Making Use of Nut Pulp Around the Home

CINNAMON BODY SCRUB

Ingredients

½ cup nut pulp
½ cup white sugar
¼ cup coconut oil
1 tsp ground
cinnamon

Method

Mix all the ingredients together. To use, apply to wet skin and gently scrub in circular movements. Avoid use on face area. Rinse the scrub off your skin. Skin will be smooth and clean! Once made, use within two days.

Healthy tip! Add a few drops of your favorite essential oil to the mixture for a calming aroma

NATURAL GARDEN FERTILISER

Ingredients

1 cup nut pulp
½ cup alfalfa meal
¼ Epsom salts

Method

Mix all ingredients together and place around plants. Use only on well-established plants.

Nuts, especially almonds, are high in potassium, which is great for the garden!

Healthy tip! When using your Pan Nut Milk Bags for brewing coffee, use coffee grounds in the place of nut pulp.

ABOUT PAN

Here at Pan, our objective is to be a trusted online provider of everyday products that are made from sustainable materials and exhibit design awareness and simplicity. We are excited to introduce our range of Pan Nut Milk Bags and we hope you love them as much as we do!

The All Natural Pan Nut Milk Bag Guide will help you to get the most out of your bags.

In health,

The Pan Objects Team



Pan Objects is committed to a sustainable future for our business, our customers and our planet. Please consider the environment before printing this eBook.

info@panobjects.com
Copyright © Pan Objects, 2016
All Rights Reserved