

Recipe Booklet



Cuisinart®

NutSmart™ Plant-Based
Drink Maker

Plant-Based Drink Maker Chart

Type	Ingredient	Soak Y/N	Amount (g)	Water (ml)	Setting	Additional Ingredients	Yield (ml)
Nut	Nuts of choice	N	175	960		Pinch salt, sweetener optional	960
Oat	Rolled oats	N	125	960		Pinch salt, sweetener optional	960
Flax	Flax meal	N	120	960		Pinch salt, sweetener optional	960
Hemp	Hemp seeds	N	200	960		Pinch salt, sweetener optional	960
Pea	Dried split peas	N	50	960		Pinch salt, sweetener optional	960
Coconut	Unsweetened coconut	N	100	960		Pinch salt, sweetener optional	960
Soy	Dried soybeans	Y*	45	960		Pinch salt, sweetener optional	850
Rice	Cooked rice	N	195	960		Pinch salt, sweetener optional	960
Nut Creamer	Nuts of choice	N	140	480		Pinch salt, sweetener optional	480
Oat Creamer	Rolled oats	N	100	480		Pinch salt, sweetener optional	480

Note: The Usable capacity once assembled is 1.2L. DO NOT fill water higher than the MAX fill. DO NOT use the collecting cup with the heat setting. These recipes were developed for best flavour results.

*** IMPORTANT:** Soak the soybeans, fully covering with cold water for at least 18 hours in the refrigerator. Drain and rinse before transferring to the filter basket.

IMPORTANT: Drink/ Use immediately or promptly store properly in the fridge.

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Milk alternative drinks

Lavender Almond

Makes about 960 ml

Ingredients:

- 140** grams raw almonds
- 1** tablespoon dried lavender leaves
- ¼** teaspoon pink Himalayan salt
- 960ml** fresh cold water
- 1** teaspoon pure vanilla extract

1. Put the almonds, lavender, and salt in the filter basket.
2. Add the water to the minimum line in the vessel, and then add the vanilla.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed container in the refrigerator for up to 4 days.

Vanilla Soy

Makes about 840 ml

Ingredients:

- 80** grams dried soybeans, soaked in water overnight, then drained and rinsed
- Pinch** pink Himalayan salt
- 960ml** fresh cold water
- 1** teaspoon pure vanilla extract

1. Put the soybeans and salt in the filter basket.
2. Add the water to the minimum line in the vessel, and then add the vanilla.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Once cool, transfer the drink to a separate container and cover. Can be stored in the refrigerator for up to 4 days.

Rose Pistachio

Makes about 960 ml

Ingredients:

- 140** grams raw pistachios
- Pinch** pink Himalayan salt
- 960ml** fresh cold water
- ½** teaspoon rosewater
- 1** teaspoon honey (optional)

1. Put the pistachios and salt in the filter basket.
2. Add the water to the minimum line in the vessel, and then add the rosewater and the honey, if using.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed container in the refrigerator for up to 4 days.

Milk alternative drinks

Chocolate Hazelnut

Makes about 960 ml

Ingredients:

- 140** **grams hazelnuts**
- 20** **grams chocolate-hazelnut spread**
- Pinch pink Himalayan salt**
- 960ml** **fresh cold water**

1. Put the hazelnuts, chocolate-hazelnut spread, and salt in the filter basket.
2. Fill the vessel with the water to the minimum line.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed container in the refrigerator for up to 4 days.

Pumpkin Spice Oat

Makes about 960 ml

Ingredients:

- 130** **grams pepitas (pumpkin seeds)**
- 60** **grams pumpkin purée**
- 1** **tablespoon cashew butter**
- 1** **tablespoon pumpkin spice**
- Pinch pink Himalayan salt**
- 960ml** **fresh cold water**
- 1** **tablespoon pure maple syrup**

1. Put the pepitas, pumpkin purée, cashew butter, pumpkin spice, and salt in the filter basket.
2. Add the water to the minimum line in the vessel, and then add the maple syrup.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed container in the refrigerator for up to 4 days.

Maple Oat

Makes about 960 ml

Ingredients:

- 100** **grams rolled oats**
- ¼** **teaspoon pink Himalayan salt**
- 960ml** **fresh cold water**
- 2** **tablespoons pure maple syrup**
- 1** **teaspoon pure vanilla extract**

1. Put the oats and salt in the filter basket.
2. Add the water to the minimum line in the vessel, and then add the maple syrup and vanilla.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed container in the refrigerator for up to 4 days.

Milk alternative drinks

Strawberry Cashew

Makes about 960 ml

Ingredients:

- 60 grams freeze-dried strawberries
- Pinch pink Himalayan salt
- 960ml prepared cashew drink
- 1 tablespoon simple syrup*
(optional, if a sweeter drink is preferred)

1. Put the strawberries and salt in the filter basket.
2. Add the prepared cashew drink to the minimum line in the vessel, and then add the simple syrup, if using.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed container in the refrigerator for up to 4 days. The drink will separate; stir well before serving.

*Simple syrup is made with equal parts sugar and water over medium heat. Once the sugar dissolves, remove from the heat. Chill until ready to use. Store in an airtight container in the refrigerator.

Chocolate Oat

Makes about 960 ml

Ingredients:

- 100 grams rolled oats
- Pinch pink Himalayan salt
- 960ml fresh cold water
- 80 grams dairy-free chocolate syrup

1. Put the oats and salt in the filter basket.
2. Fill the vessel with water to the minimum line, and then add the chocolate syrup.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed container in the refrigerator for up to 4 days.

Creamer, Milk alternative drinks

Sunflower Seed

Makes about 960 ml

Ingredients:

180 **grams raw sunflower seeds**

Pinch pink Himalayan salt

960ml **fresh cold water**

1. Put the sunflower seeds and salt in the filter basket.
2. Fill the vessel with the water to the minimum line.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed jar in the refrigerator for up to 4 days.

Black Sesame

Makes about 960 ml

Ingredients:

150 **grams black sesame seeds, soaked in water a minimum of 30 minutes, up to overnight**

Pinch pink Himalayan salt

960ml **fresh cold water**

½ **teaspoon pure vanilla extract**

1. Drain the sesame seeds, and then add the seeds and the salt to the filter basket.
2. Fill the vessel with the water to the minimum line, and then add the vanilla.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Can be stored in a sealed jar in the refrigerator for up to 4 days.

Cookies & Cream Creamer

Makes about 480 ml

Ingredients:

80 **grams rolled oats**

4 **whole chocolate sandwich cookies, broken into pieces**

480ml **fresh cold water**

1. Put the oats and cookies in the filter basket.
2. Put the water in the collecting cup and then place into the center of the empty vessel.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Creamer also can be stored in a sealed jar in the refrigerator for up to 4 days.

NOTE: Do not use the Collecting Cup with the Heat Setting.

Coffees, Smoothies, and More

Almond Horchata

Makes about 960 ml

Ingredients:

- 140** **grams raw almonds**
- 1** **1-inch piece fresh ginger, peeled and halved**
- ½** **teaspoon ground cinnamon**
- Pinch pink Himalayan salt**
- 960ml** **fresh cold water**
- 1** **tablespoon simple syrup***
- ½** **teaspoon pure vanilla extract**

1. Put the almonds, ginger, cinnamon, and salt in the filter basket.
2. Fill the vessel with water to the minimum line, and then add the simple syrup and vanilla.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to start.
5. Serve immediately. Horchata also can be stored in a sealed container in the refrigerator for up to 4 days.

*Simple syrup is made with equal parts sugar and water. Put ½ cup each granulated sugar and water into a small saucepan, and place over medium heat. Once the sugar dissolves, remove from the heat. Chill until ready to use. Store in an airtight container in the refrigerator.

Soy Matcha

Makes 1 serving

Ingredients:

- 1½** **teaspoons matcha powder, sifted**
- 1** **tablespoon water**
- 1** **teaspoon honey (optional)**
- 240ml** **prepared soy drink**

1. Put the matcha powder and water in a glass at least 12 ounces in capacity. Stir well with a fork or small whisk until smooth, and then stir in the honey, if using. Reserve.
2. Steam the prepared soy drink, either with the wand from an espresso maker, in a standalone milk frother, or in a small saucepan on the stove. Pour the steamed drink into the glass with the matcha mixture.
3. Serve immediately.

Cashew Iced Coffee

Makes 1 serving

Ingredients:

- 240ml** **ice**
- 60ml** **prepared cashew drink**
- 1** **tablespoon simple syrup***
- 175ml** **chilled brewed coffee**

1. Put the ice in a tall glass at least 16 ounces in capacity. Pour the cashew drink and simple syrup over the ice and then finish with the coffee. Stir and serve immediately.

Coffees, Smoothies, and More

Golden Latte

Makes about 960 ml

Ingredients:

- 70** **grams raw cashews**
- 1** **½-inch piece fresh ginger, peeled**
- 1** **½-inch piece fresh turmeric, peeled**
- ½** **teaspoon ground cinnamon**
- Pinch freshly ground black pepper**
- Pinch pink Himalayan salt**
- 480ml** **prepared cashew drink**
- 480ml** **cold water**
- Honey to taste (optional)**

1. Put the cashews, ginger, turmeric, cinnamon, pepper, and salt in the filter basket.
2. Add the prepared cashew drink, water, and honey, if using, to the vessel.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the  icon and press the  button to Start. At the end of the program select the Keep Warm  icon. Allow to heat on the Keep Warm setting for 5 minutes.
5. Serve immediately. The latte can also be chilled and stored in an airtight container in the refrigerator for up to 4 days. Stir well before serving.

1. Put all ingredients, in the order listed, into a blender jar.
2. Secure the lid and blend on the lowest speed until fully smooth, about 1 minute.
3. Serve immediately.

Banana-Berry Smoothie

Makes about 825 ml (3½ cups)

Ingredients:

- 360ml** **prepared coconut drink**
- 120** **grams coconut yogurt**
- 150** **grams fresh strawberries, hulled and halved**
- 1** **whole frozen banana, cut into 4 pieces**
- 140** **grams frozen mixed berries**

1. Put all ingredients, in the order listed, into a blender jar.
2. Secure the lid and blend on the highest speed until fully smooth, about 1 minute.
3. Serve immediately.

Peaches and Cream Shake

Makes about 720 ml (3 cups)

Ingredients:

- 180ml** **prepared cashew drink**
- 150** **grams sliced very ripe peaches (fresh, defrosted frozen, or well-drained canned)**
- 265** **grams dairy-free vanilla ice cream**
- 60** **grams cashew butter**

Coffee, Smoothies, and More and Treats with Pulp

Overnight Power Oats

Makes 6 servings

Ingredients:

160	grams rolled oats
480ml	prepared oat drink
245	grams coconut yogurt
2	tablespoons pure maple syrup
½	teaspoon pure vanilla extract
1	tablespoon chia seeds
1	tablespoon hemp seeds
¼	teaspoon ground cinnamon
¼	teaspoon ground ginger
¼	teaspoon pink Himalayan salt
	Nuts, seeds, and dried or fresh fruit (optional, for serving)

1. Put all ingredients, except for the optional toppings, in a large bowl. Stir well and then divide among six small lidded jars or containers for individual servings. Chill overnight.
2. Serve with nuts, seeds, and dried or fresh fruit. Overnight oats can be stored in the refrigerator for up to 1 week.

Energy Protein Bites

Makes about 4 dozen bites

Ingredients:

80	grams pitted dates, quartered
45	grams unsalted mixed nuts
45	grams pressed nut pulp
80	grams rolled oats
1	tablespoon cocoa powder
½	teaspoon fine sea salt
250	grams unsalted nut butter
2	tablespoons pure maple syrup
45	grams mini chocolate chips
2	tablespoons sunflower seeds
2	tablespoons chia seeds
50	grams unsweetened finely shredded coconut, for rolling

1. Put dates, nuts, and nut pulp in the work bowl of a food processor equipped with a metal blade. Pulse to roughly chop. Add the oats, cocoa powder, salt, nut butter, and syrup. Process until the ingredients come together into a cohesive mixture, stopping to scrape down the bowl as necessary, 30 to 40 seconds.
2. Add the chocolate chips, sunflower seeds, and chia seeds, and pulse to combine. The mixture should be slightly sticky, but should hold together when squeezed between two fingers.
3. Scoop the mixture into about 1½-tablespoon rounds. Put the coconut in a shallow dish or pie plate. Roll the rounds in the coconut, and then transfer to a parchment-lined tray. Refrigerate until firm, a minimum of 30 minutes. Store in an airtight container in the refrigerator for up to 2 weeks.

Treats with Pulp

Granola

Makes about 4 servings

Ingredients:

160	grams rolled oats
140	grams raw cashews
110	grams pressed almond pulp
50	grams unsweetened shredded coconut
85	grams pepitas (pumpkin seeds)
1	tablespoon packed light or dark brown sugar
¾	teaspoon kosher salt
½	teaspoon ground cinnamon
¼	teaspoon ground ginger
⅛	teaspoon ground nutmeg
	Pinch freshly ground black pepper
60ml	olive oil
105	grams pure maple syrup
150	grams dried fruit (cranberries or cherries)

1. Line a large rimmed baking sheet with parchment paper; reserve.
2. Heat the oven to 300°F with the rack in the middle position.
3. Put all ingredients, except for the dried fruit, into a large mixing bowl. Stir well to fully combine. Spread the mixture on the prepared baking sheet. Bake for 1 hour, stirring halfway through cooking time, until nicely toasted.
4. Remove the pan from the oven, and then place on a heatproof rack. Add the dried fruit, and then stir to combine. Allow to cool completely on the baking sheet before using or storing.
5. Store in an airtight container for up to 3 weeks.

Maple-Cinnamon Chia Pudding

Makes about 240 ml (1 cup, 2 servings)

Ingredients:

120ml	almond drink*
70	grams almond pulp*
2	tablespoons chia seeds
2	teaspoons pure maple syrup
½	teaspoon pure vanilla extract
¼	teaspoon ground cinnamon
2	pinches pink Himalayan salt

1. Put all ingredients into a small bowl. Stir to combine.
2. Cover the bowl and allow to chill in the refrigerator for a minimum of 3 hours, or up to overnight. This could also be divided into two small containers for a breakfast-on-the-go option.
3. After the pudding has set, it can be topped with about anything from fresh or dried fruit to granola or chopped nuts.
4. The chia pudding, once set, can last in the refrigerator for up to 5 days.

*We love using almond drink and pulp in this recipe but feel free to substitute with your favorite nut or seed drink and pulp.

Treats with Pulp

Almond Protein Pancakes

Makes about 20 pancakes

Ingredients:

96g almond flour
48g almond pulp
32g arrowroot powder
30g protein powder
1 tablespoon baking powder
¼ teaspoon sea salt
¼ teaspoon ground cinnamon
240ml almond drink
2 tablespoons unsweetened applesauce
2 tablespoons pure maple syrup
½ teaspoon pure vanilla extract
Coconut oil, for griddle/pan

1. Put the almond flour, almond pulp, arrowroot, protein powder, baking powder, salt, and cinnamon into a large bowl. Whisk well to fully combine.
2. Add the remaining ingredients, except for the oil. Stir well to combine (it does not need to be completely smooth at this point; some lumps are OK).
3. Heat a griddle to medium-high heat and add some coconut oil to coat the pan. You may want to be liberal with the oil since these pancakes tend to stick more than traditional pancakes.
4. Using a ¼-cup dry measure, scoop batter onto the pan and cook for 3 to 4 minutes, or until the bottoms are set (edges will appear dry). Carefully flip and cook the other side, another 3 to 4 minutes. Remove and keep warm on a plate covered with foil, or in a warm, low oven.
5. Repeat with remaining batter. Serve warm.

Turkey-Oat Meatballs

Makes about 15 meatballs

Ingredients:

450g ground turkey
(preferably dark meat, for flavour)
48g oat pulp
40g finely chopped onion
15g chopped fresh parsley
2 teaspoons Dijon mustard
1 teaspoon kosher salt
½ teaspoon dried oregano (or 1 teaspoon fresh oregano leaves, chopped)
¼ teaspoon freshly ground black pepper
Pinch crushed red pepper
Olive oil, for pan

1. Preheat oven, with the rack in the upper third position, to 375°F.
2. Put all ingredients, except for the olive oil, into a large bowl. Using clean hands, mix until evenly combined.
3. Drizzle olive oil over a foil-lined baking pan. Using wet hands, form the meat mixture into 15 even rounds, rewetting hands if the mixture is sticking to them.
4. Place evenly on the prepared pan. Bake for 20 to 22 minutes, or until firm to the touch and bottoms are starting to caramelize.
5. Serve warm.