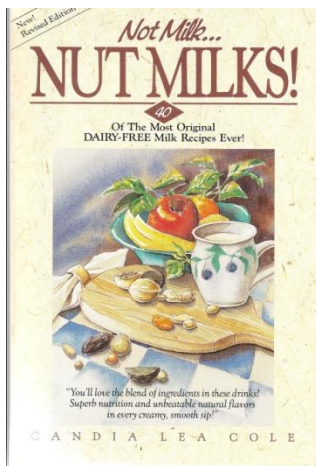


FOR IMMEDIATE RELEASE

Award-Winning Organic Cook Candia Lea Cole, Shares Dairy-Free NUTMILKS in A Fun Video Format for Vegetarians & Whole Foods Lovers Alike!

"This is an author you should know about! Her work is different in several ways. Not only do her recipes have an originality that sets them apart from others using similar ingredients, but there is something else I sensed, a purposeful and knowing serenity and a selfless nourishing desire to share her findings."-Grace Kirschenbaum, World of Cookbooks



City: St. Paul, Minnesota, April 21, 2016 — In the 90's, Candia Lea Cole published three whole foods cookbooks whose recipes landed on the pages of popular food, health, and gardening publications such as *Vegetarian Gourmet*, *Organic Gardening Almanac*, *Woman's World*, the *Boston Globe*, and the *International Cookbook Revue*. One of those books was "Not Milk...NUTMILKS!" It was the first book of its kind to whet the public's appetite for gourmet, dairy-free beverages. Though the soft cover edition of the book went out of print when her publisher (Woodbridge Press) shut its doors, she has since created a *cooking class* featuring videos that show her preparing some of her

favorites, including: Banana Date Coconut Cream Walnut milk, Mock Eggnog Cashew milk, Apple Fruit Harvest Pecan milk, and Minty Carob/Chocolate Pumpkin Seed milk.



Candia says that the 10 minute preparation of her dairy- free beverages requires just a few simple culinary tools, including an electric seed grinder (to pulverize nuts), a blender, a bowl, a hand held strainer, and a spoon. The ingredients that go into the making of each recipe include nuts (your choice), flax seeds, sunflower lecithin, fresh fruit (or soaked dried fruits), wholesome sweeteners, and flavoring extracts. When blended with hot water and strained, the ingredients create a smooth-sipping taste sensation that is a rich source of protein, vitamins, and minerals.

In a taste test, whose results were published in Dr. Julian Whitaker's Health and Healing Newsletter (July 1993), Candia's collection of nut milks ranked #1 amongst several non-dairy contenders!

Nut milks, Candia says, can be enjoyed plain, or they can be added (in place of cow's milk) to smoothies,

baked goods recipes, or puddings. For those who deal with lactose intolerance, or who don't want to ingest milk that contains bovine growth hormones or drugs, nut milks offer to be an easy to digest, safe alternative. In addition to their human health benefits, nut milks are considered a humane alternative to milk produced by animals. Because they don't require a cow or goat to produce, water is saved and animal waste doesn't bio-accumulate in the environment.



To purchase the book in PDF format along with the videos go to:
www.ecointelligenteating.com

The cooking class is also available on
www.udemy.com
<https://www.udemy.com/course/not-milk-nut-milks/>

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