

Elmhurst

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10 DESSERTS

YOU WON'T BELIEVE ARE

DAIRY-FREE



JUST WAIT 'TIL YOU TRY OUR
CHUNKY MONKEY NICE CREAM!

FLIP TO PAGE 12 FOR THE FULL RECIPE



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 satisfy your sweet tooth with plant-based nutrition.

MADE WITH 6 INGREDIENTS OR LESS - No unnecessary ingredients. No added gums, emulsifiers or oils. No artificial flavors or anything else. All our offerings are vegan, 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 16–20 grams of whole grain per serving. That's one of your three recommended daily servings of whole grain!





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WHAT PLANT MILK IS BEST FOR YOU?

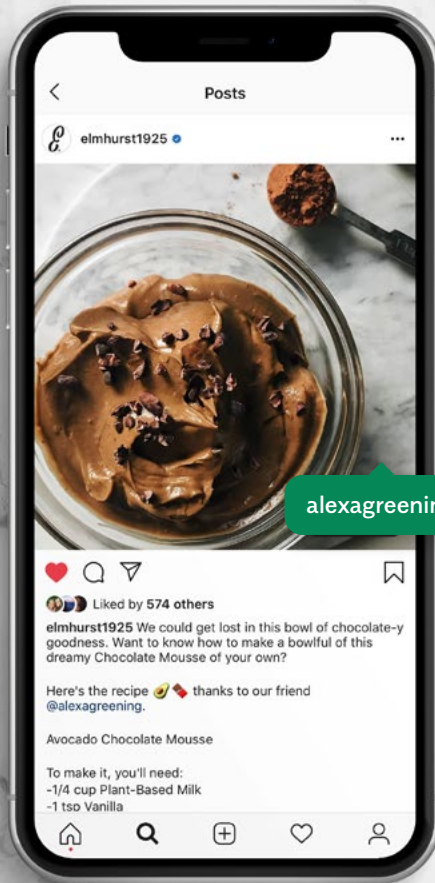
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SHARE & ENTER FOR A CHANCE TO WIN!



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



Fruity Desserts

NATURE IS PRETTY DARN SWEET, SO HERE ARE SOME OF OUR FAVORITE FRUITY RECIPES. WE'D LOVE TO KNOW WHAT YOU THINK! REMEMBER TO GIVE US A SHOUT-OUT ON SOCIAL.

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

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Mango Nice Cream

Yields 2 servings

INGREDIENTS

- 1/4 cup Elmhurst® [Unsweetened Milked Cashews™](#)
- 1 cup Mango, frozen & sliced
- 1 Banana, frozen & sliced

DIRECTIONS



1. Add the frozen fruit to a blender or food processor and just enough of the cashew milk for the blades to run. Start with a little at a time and add more as needed.
2. This will be thicker than a smoothie, so you may need to stop your blender and scrape down the sides a few times to get everything smooth. Blend until well combined.
3. The consistency should be about that of soft-serve or custard and when you tip your blender pitcher back and forth it should mostly stay put.
4. Enjoy as is, or pop in the freezer for 15 minutes before serving for a firmer nice cream!



FEATURING ELMHURST® UNSWEETENED CASHEW MILK

This refreshingly simple mango nice cream brings the beach right to you. We recommend [Unsweetened Milked Cashews™](#) to add an almost-dairy-like creamy texture, or for an extra punch of protein, try [Unsweetened Milked Almonds™](#). Good news, [any of our plant milks](#) work, so let us know what you try!

BUY NOW



Peach Basil Popsicles

Yields 4-6 popsicles

INGREDIENTS

- 1 1/2 cups Elmhurst® [Unsweetened Milked Oats™](#)
- 1 tsp. Vanilla Extract
- 1/2 cup Maple Syrup
- 1/2 cup Plain Dairy-Free Yogurt
- 2 1/2 tsp. Fresh Basil, chopped
- 2 cups Peaches, fresh or frozen & diced

DIRECTIONS

1. In a blender, add the unsweetened oat milk, vanilla, maple syrup, yogurt, basil, and peaches in the order listed so the peaches are furthest away from the blades. This will help the mixture come together better. Blend until smooth and creamy.
2. Pour the mixture into popsicle molds, or if you don't have a popsicle mold an ice cube tray will work as well for a smaller pop. To make these extra special, try saving a few diced peaches and a little chopped basil and layer it into the molds with your mixture so you can see it when everything freezes.
3. Freeze for at least 6 hours or overnight before trying to remove them from the molds and enjoy!



FEATURING ELMHURST® UNSWEETENED OAT MILK

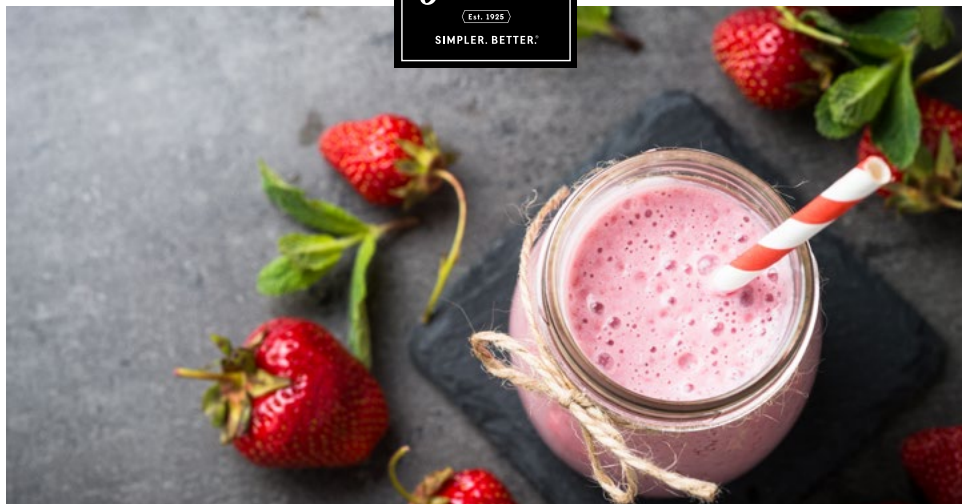
Craving something herbal and fruity? We got you. [Unsweetened Milked Oats™](#) makes this a whole-grain-packed, creamy treat. Or, for an extra touch of sweetness, try our original [Milked Oats™](#) - packed with 20g whole grain! Want something else? Good news, [any of our plant milks](#) work, so let us know what you try!

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Simple Strawberry Smoothie

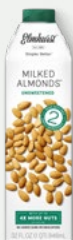
Yields 1-2 servings

INGREDIENTS

- 1 1/2 cups Elmhurst® [Unsweetened Milked Almonds™](#)
- 1 1/2 cups Strawberries, frozen
- 1 1/2 cups Cauliflower, frozen
- 1 Tbsp. Vanilla Extract
- 1 Tbsp. Maple Syrup, or to taste

DIRECTIONS

1. Add all ingredients to a blender starting with the almond milk and finishing with the frozen fruit. This will help everything come together better.
2. Blend until combined.



FEATURING ELMHURST® UNSWEETENED ALMOND MILK

Low in sugar, not in flavor. [Unsweetened Milked Almonds™](#) adds protein without any added sugar, giving you the flexibility to sweeten to your liking. Cauliflower replaces bananas for extra minerals and fiber. [Any of our plant milks](#) work, but for a boost of whole grain, try [Unsweetened Milked Oats™](#).

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Raspberry Muffin Smoothie

Yields 2 servings

INGREDIENTS

- 1 1/2 cups Elmhurst® [Milked Oats™](#)
- 1/2 cup Old Fashioned Oats
- 1 tsp. Cinnamon
- 1 Tbsp. Vanilla Extract
- 1 cup Raspberries, frozen
- 1 cup Banana, sliced & frozen

Optional: Sweeten to taste with Maple Syrup

DIRECTIONS

1. Add all ingredients to a blender starting with the oat milk and finishing with the frozen fruit. This will help everything come together better.
2. Blend until combined. This may take a little extra blending to fully combine the oats.
3. Top with whatever you'd like. To recreate the crispy top of a muffin try adding granola, sliced almonds, and a few extra raspberries.



FEATURING ELMHURST® OAT MILK

This deliciously tart smoothie calls for our original [Milked Oats™](#) which adds an extra 15g of whole grain to each serving. Or, for the same amount of whole grain and 3g less sugar, try [Unsweetened Milked Oats™](#) - made with only 3 simple ingredients! And good news, [any of our plant milks](#) work, so let us know what you try!

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Apple Pie Fudge Cups

Yields 1-2 servings

INGREDIENTS

- 1 cup Elmhurst® [Milked Hazelnuts™](#)
- 1 cup Apples, chopped
- 1/2 cup Coconut Oil, melted
(+ a little extra to bake the apples in)
- 3 Tbsp. Maple Syrup
- 2 tsp. Cinnamon

DIRECTIONS

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



FEATURING ELMHURST® HAZELNUT MILK

These 5-ingredient fudge cups calls for [Milked Hazelnuts™](#). A touch of hazelnut flavor blends well with maple syrup and cinnamon. Or, if you like a walnut flavor with your baked goods, try [Milked Walnuts™](#)! In fact, [any of our plant milks](#) work, so let us know what you try!

BUY NOW



Chocolatey Desserts

**WE GET IT. SOMETIMES YOU JUST NEED CHOCOLATE.
HERE ARE SOME OF OUR FAVORITES. GIVE THEM A TRY
AND DON'T FORGET TO LET US KNOW WHAT YOU THINK!**

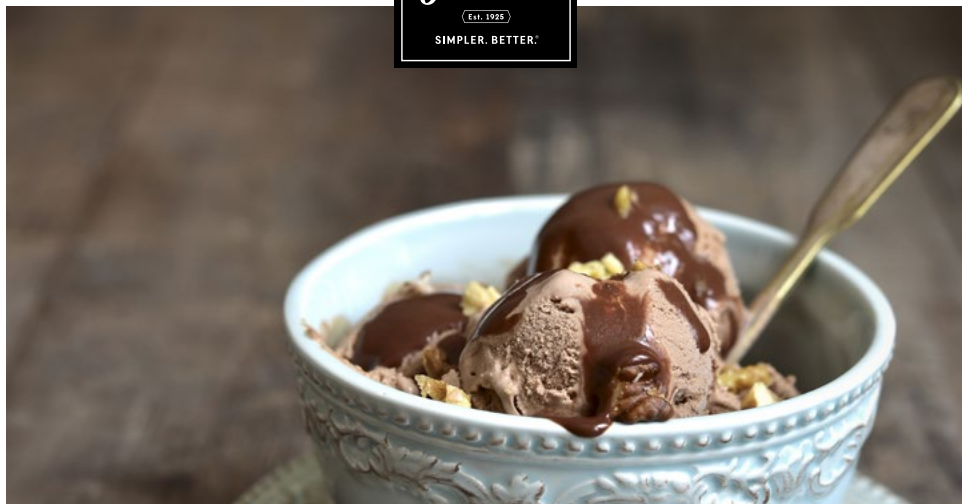
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Chunky Monkey Nice Cream

Yields 4 servings

INGREDIENTS

- 1 cup Elmhurst® [Milked Walnuts™](#)
- 4 cups Bananas, frozen & sliced
- 2/3 cup + 2 Tbsp. Cacao Powder
- 1 cup Raw Walnuts
- 2 Tbsp. Vanilla Extract

DIRECTIONS

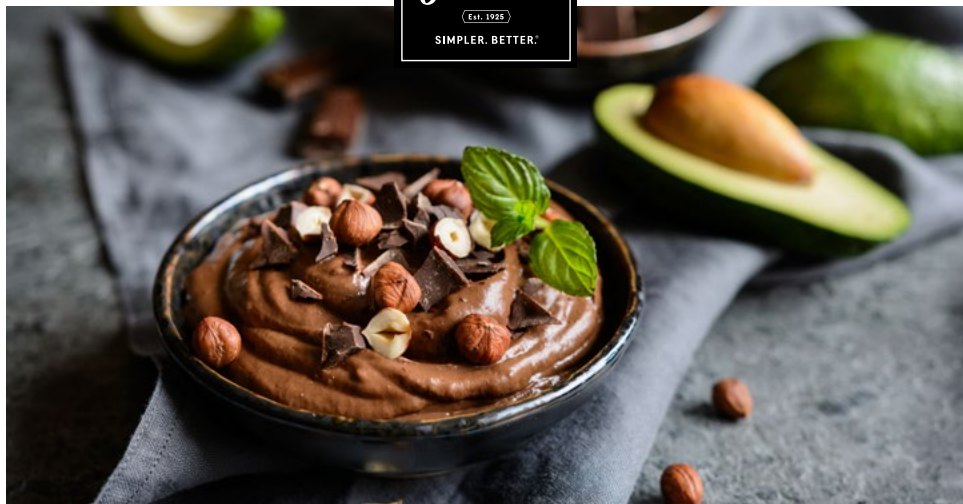
1. Place all ingredients in a blender, and blend on high until all ingredients are completely mixed together.
2. Pour nice cream into a large bowl, and set in the freezer for about 15 minutes.
3. Remove from freezer, add more walnuts and mini chocolate chips, as desired.
4. Stir and serve.



FEATURING ELMHURST® WALNUT MILK

This vegan nice cream adds an “n” but loses nothing. [Milked Walnuts™](#) and cacao make for a true fan favorite (bonus: it’s high in omega-3, too). For a bit more protein, you can substitute [Milked Almonds™](#) and raw almonds. But [any of our plant milks](#) work, so let us know what you try!

[BUY NOW](#)



Creamy Chocolate Avocado Mousse

Yields 4 servings

INGREDIENTS

- 1/2 cup Elmhurst® [Unsweetened Milked Hazelnuts™](#)
- 1 tsp. Espresso, instant
- 1/2 cup Cocoa Powder
- 3 1/2 cups Haas Avocados
- 1/4 cup Coconut Oil, melted
- 3 Tbsp. Maple Syrup
- 1/8 tsp. Salt
- 1 tsp. Vanilla Extract

DIRECTIONS

1. In a bowl, combine the unsweetened hazelnut milk and instant espresso, allowing for the espresso to completely dissolve.
2. In a food processor, combine all your ingredients including the blended hazelnut milk and espresso mixture and blend until smooth.
3. Divide into desired mousse cups. Top with non-dairy whipped topping and vegan chocolate chips and enjoy!



FEATURING ELMHURST® UNSWEETENED HAZELNUT MILK

Eat a certain chocolate hazelnut butter by the spoonful? Us too. That's why we highly recommend making this with [Unsweetened Milked Hazelnuts™](#). Who could say no to cocoa powder, espresso, maple syrup, and hazelnutty goodness? But [any of our plant milks](#) work (like [Unsweetened Milked Walnuts™](#)), so let us know which you try!

BUY NOW



Homemade Double Hot Chocolate

Yields 8 servings

INGREDIENTS

- 6 cups Elmhurst® [Oat Barista Edition](#)
- 1/2 cup Vegan Chocolate Chips
- 1/4 cup Cocoa Powder
- 2 Tbsp. Maple Syrup
- 1 tsp. Ground Cinnamon
- 2 tsp. Vanilla Extract

Optional Toppings: Dairy-Free Whipped Cream, Vegan Marshmallows

DIRECTIONS



1. In a medium pot, combine the Oat Barista, chocolate chips and cocoa powder. Whisk together and bring ingredients to a soft simmer ensuring that the chocolate melts.
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

Chocolatey, frothy, and deliciously simple. Take [Oat Barista Edition](#), add vegan chocolate chips, cocoa powder, cinnamon, vanilla, and sweeten to your liking with maple syrup. Swap in [Hemp Barista Edition](#) for some extra omega-3s. While our [barista editions](#) steam and froth best, [any of our plant milks](#) will work.

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No-Bake Chocolate Oatmeal Cookies

Yields 24 cookies

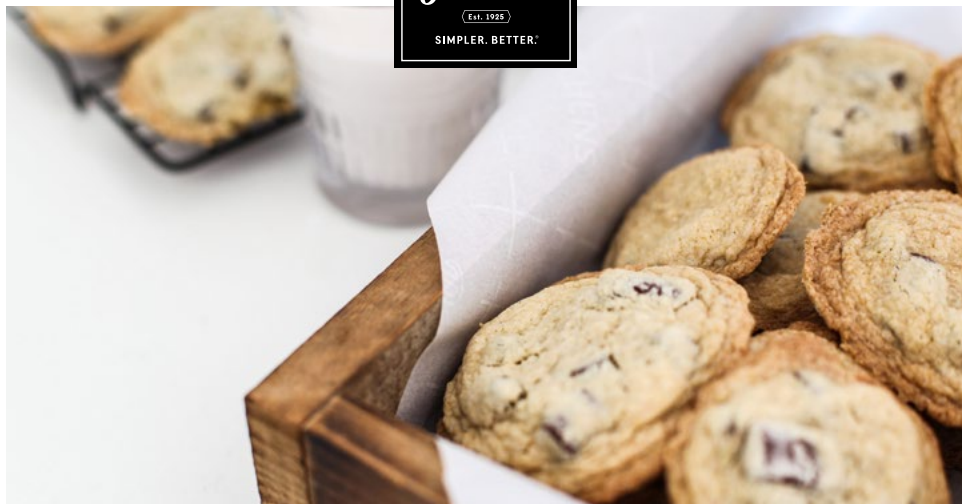
INGREDIENTS	DIRECTIONS				
• 1 cup Elmhurst® Milked Cashews™ • 2 1/2 cups Granulated Sugar • 3/4 cup Vegan Butter • 1/4 cup Cocoa Powder • 6 cups Quick Oats • 2 Tbsp. Vanilla Extract • 1 cup Peanut Butter, Smooth	1. Line a baking sheet with parchment and set aside. 2. Measure out all of your ingredients. These cookies come together very quickly, so you'll want everything ready. 3. In a medium pot, combine the almond milk, sugar, vegan butter and cocoa powder. Bring a slight boil for 3-4 minutes, stirring occasionally. 4. Remove the pan from heat and add the peanut butter and vanilla extract. Mix until smooth. Add the oats and stir until well incorporated. 5. Once combined, using a tablespoon to portion out your cookies on the lined baking sheet and press gently to shape. Chill to set. 6. Pair with a scoop of your favorite dairy-free ice cream and enjoy!				



FEATURING ELMHURST® CASHEW MILK

Everyone loves cookies. Not everyone loves baking them. The answer? No-bake Oatmeal Cookies made with [Milked Cashews](#)™. To add 20 additional grams of whole grain, try [Unsweetened Milked Oats](#)™ instead. Luckily, [any of our plant milks](#) work, so let us know what you try!

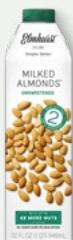
BUY NOW



Best Vegan Chocolate Chip Cookies

Yields 3 dozen cookies

INGREDIENTS	DIRECTIONS				
• 1/4 cup Elmhurst® Unsweetened Milked Almonds™ • 1 cup Vegan Butter • 1/2 cup Brown Sugar • 1/2 cup Sugar • 1 tsp. Vanilla Extract • 2 1/4 cups All-purpose Flour* • 1/2 tsp. Salt • 1 tsp. Baking Soda • 1 1/2 cups Vegan Chocolate Chips *You can also substitute for all-purpose gluten-free flour if you prefer	1. Preheat oven to 350 degrees. 2. In a medium bowl, mix flour, baking soda, and salt until completely combined. 3. In a separate bowl, mix together the butter and both types of sugar using an electric mixer. Add in the almond milk and vanilla extract. 4. Add the dry ingredient mixture to the wet and mix until fully incorporated. 5. Fold in vegan chocolate chips. Cover the bowl and refrigerate 30 minutes. 6. Form into tablespoon sized balls and gently press across the top of the cookies. 7. 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.				



FEATURING ELMHURST® UNSWEETENED ALMOND MILK

This delicious take on a classic calls for our [Unsweetened Milked Almonds™](#) to pack an extra punch of protein. Love a subtle walnut flavor in a cookie? Us too, which is why we also love using [Unsweetened Milked Walnuts™](#). And, good news, [any of our plant milks](#) work, so let us know what you try!

BUY NOW



What Plant Milk is Best for You?

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[®]

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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

ORIGINAL PLANT MILKS



PRODUCT NAME	MILKED ALMONDS™	MILKED CASHEWS™	MILKED OATS™	MILKED WALNUTS™	MILKED HAZELNUTS™
CASUAL NAME	Almond Milk	Cashew Milk	Oat Milk	Walnut Milk	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	3g
CALORIES*	150	130	100	130	140
TOTAL FAT*	11g	10g	1.5g	11g	11g
CARBS*	9g	8g	18g	5g	7g
SUGAR*	7g	2g	5g	4g	5g
SODIUM*	100mg	85mg	120mg	100mg	100mg
GLUTEN-FREE	✓	✓	✓	✓	✓
CARRAGEENAN-FREE	✓	✓	✓	✓	✓
VEGAN	✓	✓	✓	✓	✓
KOSHER	✓	✓	✓	✓	✓
DAIRY REPLACEMENT	Whole Milk	Whole Milk	2% Milk	2% Milk	2% Milk
INGREDIENTS	Filtered Water, Almonds, Cane Sugar, Salt, Natural Flavors	Filtered Water, Cashews, Cane Sugar, Salt, Natural Flavors	Filtered Water, Whole Grain Oats, Cane Sugar, Salt, Natural Flavors	Filtered Water, Walnuts, Cane Sugar, Salt, Natural Flavors	Filtered Water, Hazelnuts, Cane Sugar, Almonds, Salt, Natural Flavors
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 ORIGINAL

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 & 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	16g Whole Grain*	Excellent Source Omega-3†	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 | †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).

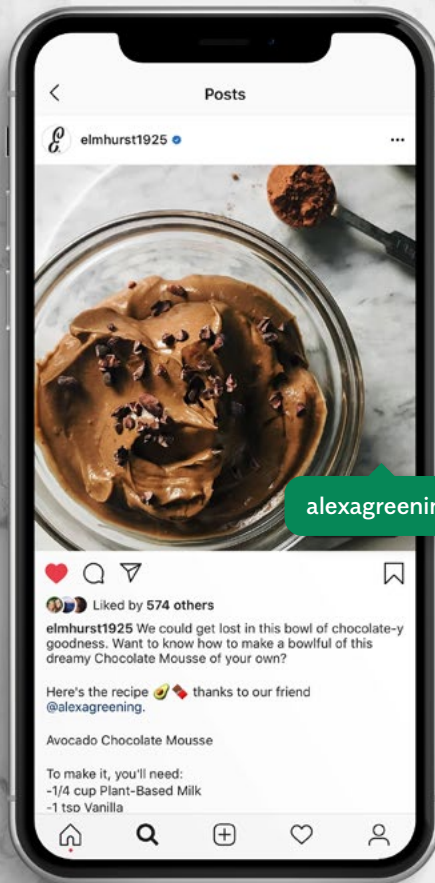
What's more, Elmhurst cashew milk's substantial flavor complements the coffee's distinct character, offering an indulgent experience in all applications - without the papery aftertaste common in other cashew milks.

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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!

    @ELMHURST1925 #ELMHURSTRECIPES