



Elmhurst

Est. 1925

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7 RECIPES

YOU'LL BE THANKFUL ARE

DAIRY-FREE

THIS THANKSGIVING

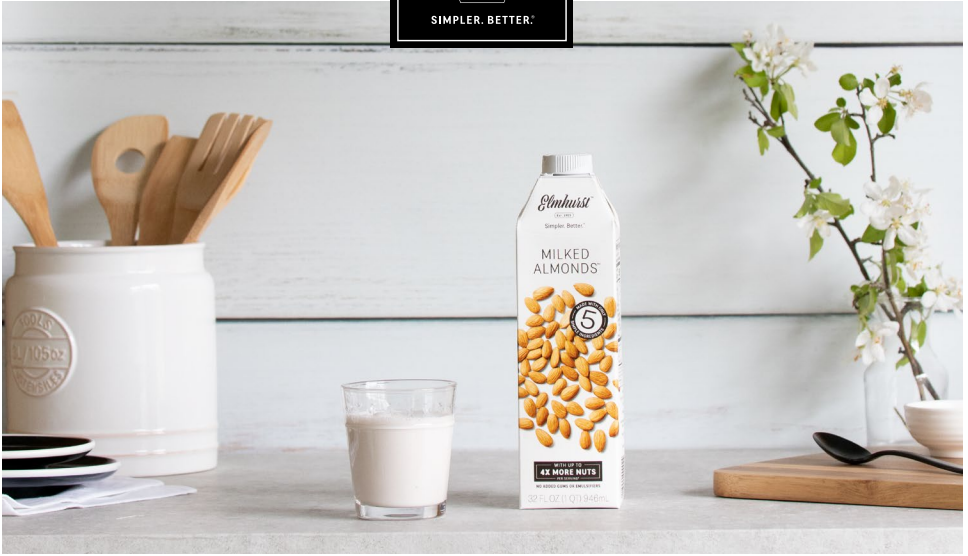
JUST WAIT 'TIL YOU TRY OUR
VEGAN MASHED POTATOES!

FLIP TO PAGE 6 FOR THE FULL RECIPE

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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 elevate your Friendsgiving spread 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!



DAIRY FREE



CARRAGEENAN
FREE



NO ARTIFICIAL
FLAVORS



GLUTEN FREE



VEGAN



KOSHER





TABLE OF CONTENTS

INTRODUCTION

THANKSGIVING RECIPES

★	Vegan Walnut Vinaigrette	6
	Creamy Vegan Pumpkin Apple Soup	7
★	Homemade Vegan Garlic Mashed Potatoes	8
★	Vegan Pumpkin Cheesecake	9
	Apple Pie Fudge Cups	10
	Easy Dairy-Free Pumpkin Spice Latte	11
	Dairy-Free Buttered Pecan Pie Cocktail	12

WHAT PLANT MILK IS BEST FOR YOU?

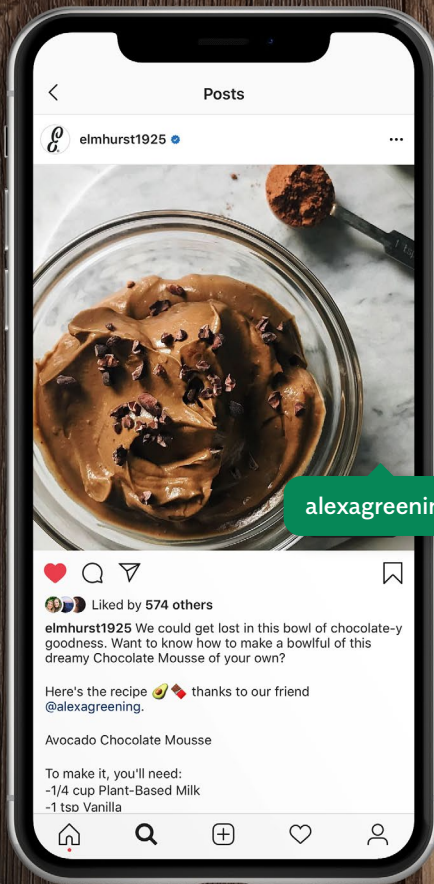
	Elmhurst vs. Leading Brands	15
	Original Plant Milks	17
	Unsweetened Plant Milks	18
	Barista Series	19
	Hemp Creamers	20

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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



Thanksgiving Recipes

HERE ARE A FEW CROWD-PLEASING RECIPES FOR YOUR THANKSGIVING SPREAD OR ANYTIME! WE'D LOVE TO KNOW WHAT YOU THINK! REMEMBER TO GIVE US A SHOUT-OUT ON SOCIAL FOR A CHANCE TO WIN A FREE 6-PACK.

@ f t i 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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Vegan Walnut Vinaigrette

Yields about 16 servings

INGREDIENTS

- 1/2 cup Elmhurst® [Unsweetened Milked Walnuts™](#)
- 1 cup Walnut Oil
- 1/4 cup Sherry Vinegar
- 1/4 cup Maple Syrup
- 1/4 cup Walnuts, chopped
- 1/2 Tbsp. Vegan Dijon Mustard
- 1/2 tsp. Garlic Powder

DIRECTIONS

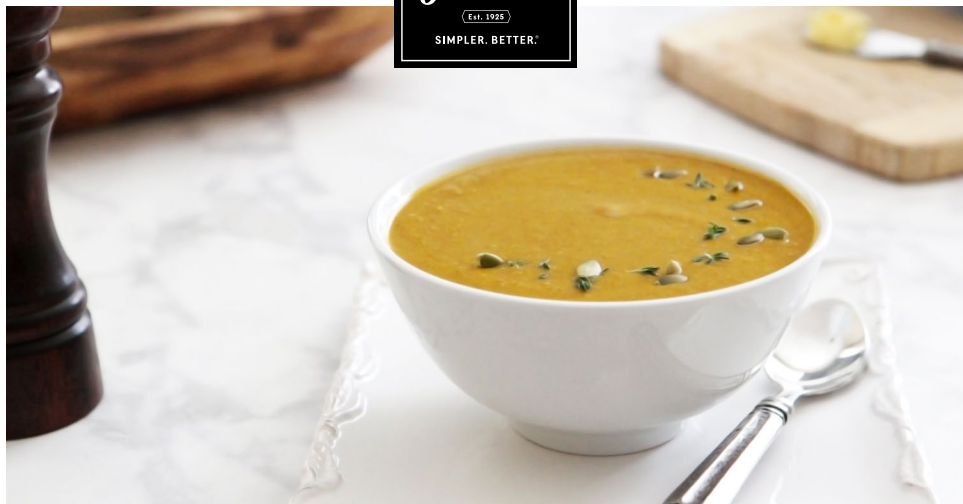
1. Add the walnut milk, sherry vinegar, honey, Dijon mustard, garlic powder, salt, and pepper into a blender and blend until well combined.
2. With the blender running, slowly add the walnut oil as the blender brings together the oils and vinegar.
3. Fold in the walnuts and enjoy! This recipe makes enough to share with a large dinner party. Or, if you're making for an easy weekday meal, this will be great for the rest of the week, so pop it in the fridge to keep any extras fresh.



FEATURING ELMHURST® UNSWEETENED WALNUT MILK

A creamy, crowd-pleasing walnut vinaigrette. Not surprisingly, we make this with [Unsweetened Milked Walnuts™](#). To tone down the walnut flavor and add some whole grain nutrition, try [Unsweetened Milked Oats™](#). If you want to explore [any of our plant milks](#), we'd love to know what you try!

BUY NOW



Creamy Vegan Pumpkin Apple Soup

Yields 8-10 servings

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> • 2 cups Elmhurst® Unsweetened Milked Almonds™ • 6 cups Vegetable Broth • 3 cups Apple, peeled & chopped • 2 cups Onion, diced • 2 lbs. Pumpkin, peeled, seeded & diced • 1/2 cup Olive Oil • 5 Tbsp. Curry Powder • 2 tsp. Salt • 1 tsp. Garlic Powder 	<ol style="list-style-type: none"> 1. In a large pot, warm the oil over medium heat. Add the pumpkin and onion and cook for 5 minutes. 2. Add the spices and stir to evenly distribute. Next add the vegetable stock and bring to a boil. Reduce to a simmer and cover for about 10 minutes, stirring occasionally. 3. Add the chopped apples and continue to simmer for an additional 10 minutes or until everything is very tender. 4. Remove from heat. Using an immersion blender, puree the vegetables until a thick, smooth consistency is reached. A heat safe blender can also be used for this step, blending in batches. 5. Return to heat and stir in the almond milk. Cook for an additional 5 minutes or until heated through. Serve hot and enjoy.



FEATURING ELMHURST® UNSWEETENED ALMOND MILK

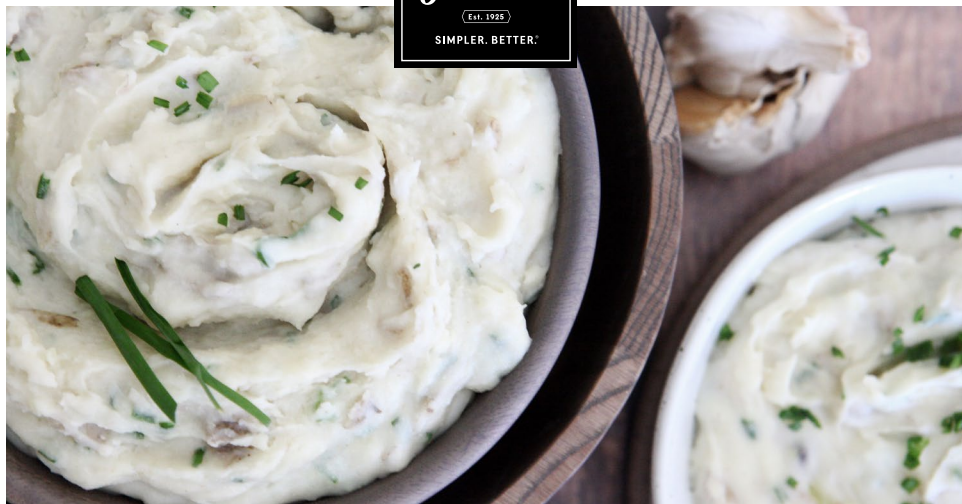
Nothing better on a chilly fall day than a warm, creamy soup. We suggest this be made with [Unsweetened Milked Almonds™](#) for an extra punch of protein. But try [Unsweetened Milked Walnuts™](#) for a nuanced walnut flavor and some Omega-3s. [Any of our plant milks](#) work, so let us know what you try!

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Homemade Vegan Garlic Mashed Potatoes

Yields 2 servings

INGREDIENTS

- 2 cups Elmhurst® [Unsweetened Milked Cashews™](#)
- 5 lbs Yukon Gold Potatoes
- 1/2 cup Chives, chopped
- 4 Tbsp. Vegan Butter
- 2 Tbsp. Garlic, minced

DIRECTIONS

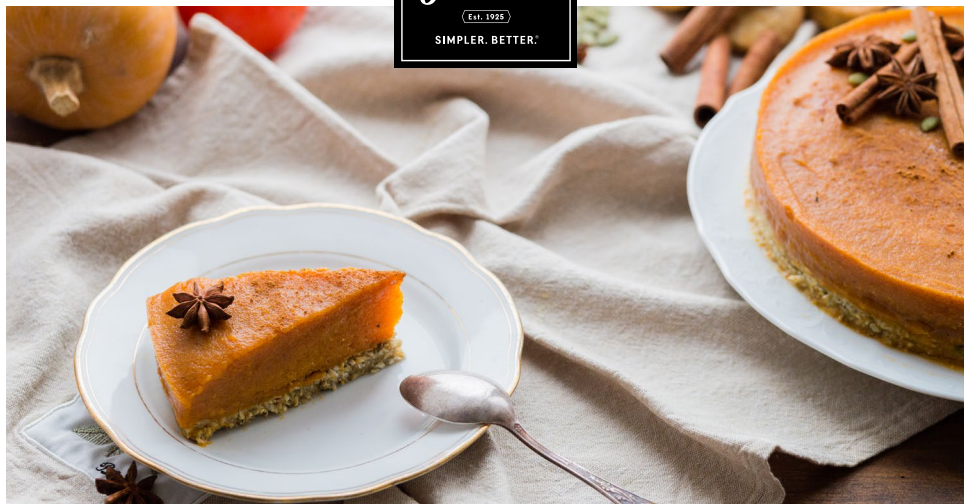
1. Place the potatoes in a large pot and add water until covered. Bring to a boil + cook for 20 minutes or until tender.
2. Drain potatoes and move to a bowl. Add cashew milk, butter, chives, garlic, and salt + pepper.
3. With an electric mixer whip until smooth + creamy. Add more cashew milk for a creamier texture if you'd like.
4. Finish with fresh chives and enjoy!



FEATURING ELMHURST® UNSWEETENED CASHEW MILK

Yes, this tasty take on mashed potatoes is 100% dairy-free and vegan. We highly recommend [Unsweetened Milked Cashews™](#) to add an almost-dairy-like creamy texture, but 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!

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Dairy-Free Pumpkin Cheesecake

Yields 1 8-inch Cheesecake

INGREDIENTS

FOR THE CRUST:

- 1 1/2 - 2 cups Graham Crackers
- 1/4 cup Vegan Butter, melted

FOR THE FILLING:

- 1/2 cup Elmhurst® [Unsweetened Milked Cashews™](#)
- 1 1/4 cups Raw Cashews, soaked in hot water for 1 hour
- 1 cup Pumpkin Puree
- 1/2 cup Sugar
- 1 Tbsp. Corn Starch
- 1 tsp. Pumpkin Pie Spice
- 1 tsp. Vanilla Extract
- 1/4 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 fall than a creamy, pumpkin-y treat? Try this vegan twist on a pumpkin cheesecake made with [Unsweetened Milked Cashews™](#) and soaked raw cashews (the secret to a dairy-free substitute to cream cheese). Luckily, [any of our plant milks](#) work (like [Unsweetened Milked Walnuts™](#)), so let us know which 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

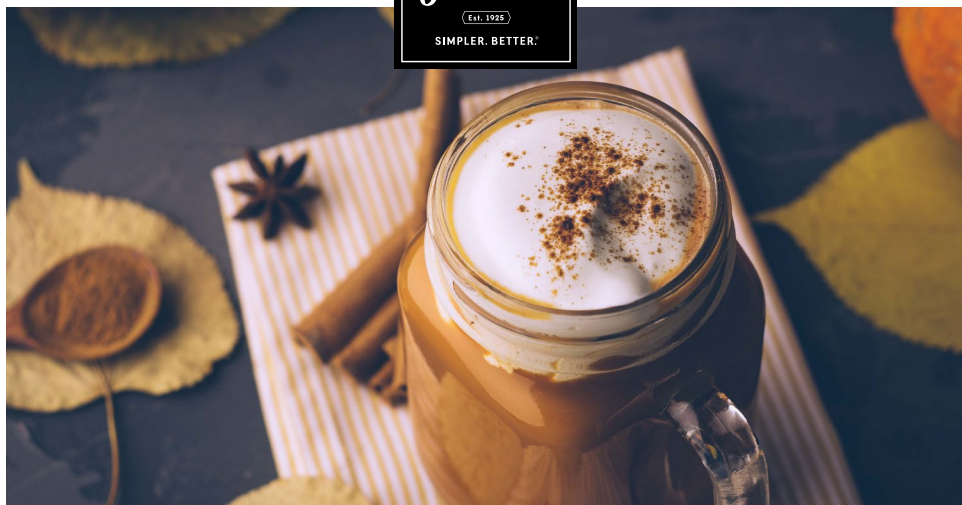
These 5-ingredient fudge cups calls for [Milked Hazelnuts™](#). A touch of hazelnut flavor blends well with maple syrup and cinnamon. Or, if you like a walnut flavor with your baked goods, try [Milked Walnuts™](#)! In fact, [any of our plant milks](#) work, so let us know what you try!

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Easy Dairy-Free Pumpkin Spice Latte

Yields 2 servings

INGREDIENTS

- 2 cups Elmhurst® [Oat Barista Edition](#)
- 3/4 cup coffee, brewed strong
- 2 1/2 Tbsp. Pumpkin Puree
- 2 Tbsp. Maple Syrup*
- 2 tsp. Vanilla Extract
- 3/4 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 Cashew Milk, pumpkin puree, maple syrup, vanilla, and pumpkin pie spice.
3. Cook on medium-low, stirring constantly until all ingredients 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

Making the coveted fall latte is deliciously simple to make at home without dairy!

We love [Oat Barista Edition](#) for a low-calorie treat. Our next favorite choice is [Unsweetened Milked Walnuts™](#) for some extra omega-3s. While our [barista editions](#) steam and froth best, [any of our plant milks](#) will work.

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MADE WITH
MONIN®
GOURMET SYRUPS

Buttered Pecan Pie Cocktail

Yields 1 cocktail

INGREDIENTS

- 1 oz. Elmhurst® [Vanilla Hemp Creamer](#)
- 1 oz. [Monin® Butter Pecan Syrup](#)
- 1 1/4 oz. Bourbon
- 1/2 oz. Dark Rum
- Dairy-Free Whipped Cream*
- Pecans for Garnish*

*Optional

DIRECTIONS

1. Chill a martini glass or similar cocktail glassware for serving.
2. Pour all ingredients into mixing glass with 2/3 ice in the order listed
3. Cap, shake and strain into your chilled serving glass
4. Add garnish, and serve.



FEATURING ELMHURST® HEMP CREAMER & MONIN® BUTTER PECAN SYRUP

To top off a holiday meal (or to kick-off the festivities), this cocktail gets us in the holiday spirit. This recipe calls for [Vanilla Hemp Creamer](#) and [Monin® Butter Pecan Syrup](#). Good news, [any of our hemp creamers](#) work, so let us know what you try!

BUY ELMHURST®

BUY MONIN®



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.

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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

ELMHURST VS. LEADING BRANDS

HEMP
CREAMERS



PRODUCT	ELMHURST®	CALIFIA FARMS®	SO DELICIOUS®	NATURAL BLISS®	SILK®
BASE	Hemp Cream	Almond Milk & Coconut Cream	Coconut Cream	Almond Milk & Coconut Oil	Almond Milk & Sunflower Oil
# INGREDIENTS	5	11	7	10	11
GUMS	NO	YES	YES	YES	YES
LECITHIN	NO	YES	NO	NO	YES
CALORIES*	30	30	40	60	50
SATURATED FAT*	0g	0g	1g	1g	0g
CARBS*	2g	4g	8g	10g	8g
SUGAR*	1g	4g	6g	10g	8g
ADDED SUGAR*	1g	4g	6g	10g	8g
SODIUM*	0mg	30mg	30mg	40mg	30mg
KETO-FRIENDLY	✓	✓	✓		
PALEO-FRIENDLY	✓				

*Per 2 Tbsp 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.

HEMP CREAMERS



PRODUCT NAME	UNSWEETENED HEMP CREAMER	FRENCH VANILLA HEMP CREAMER	HAZELNUT HEMP CREAMER	GOLDEN-MILK HEMP CREAMER
KEY BENEFIT	Excellent Source Omega-3†	Excellent Source Omega-3†	Excellent Source Omega-3†	Excellent Source Omega-3†
CALORIES*	25	30	30	30
CARBS*	0g	2g	2g	2g
SUGAR*	0g	1g	1g	1g
ADDED SUGAR*	0g	1g	1g	1g
SODIUM*	0mg	0mg	0mg	0mg
KETO-FRIENDLY	✓			
PALEO-FRIENDLY	✓			
INGREDIENTS	Hemp Cream (Filtered Water, Hemp Seeds), Contains 2% or Less of: Dipotassium Phosphate, Natural Flavors.	Hemp Cream (Filtered Water, Hemp Seeds), Cane Sugar, Contains 2% or Less of: Dipotassium Phosphate, Natural Flavors.	Hemp Cream (Filtered Water, Hemp Seeds), Cane Sugar, Contains 2% or Less of: Dipotassium Phosphate, Natural Flavors.	Hemp Cream (Filtered Water, Hemp Seeds), Cane Sugar, Dipotassium Phosphate, Natural Flavors, Turmeric Extract.

*Per 8 fl oz serving | †350mg (22%) per serving of the 1.6g recommended daily value of Omega-3 ALA

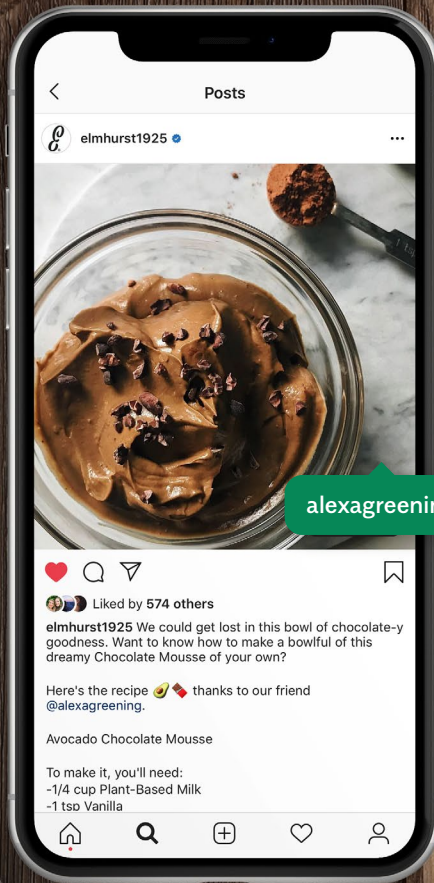
SHOP HEMP CREAMERS

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