

2 minutes application break

Almond milk

Facts

Origin Middle East and Mediterranean

Dates back Middle Ages

Ingredients Almonds, sweetener, flavorings and water

A plant-based milk alternative, used as a substitute for cow's milk

MixSing Vacuum



Design

Shear	CFD simulations confirms >200,000 s ⁻¹
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 1,500 cP
Accessories	Vacuum system
Materials	Stainless steel: AISI 316L. All materials: EC 1935

Insight

Almond milk, a plant-based alternative to cow's milk, is made by blending almonds with water, straining the mixture to remove any solid particles, and then sweetening it with a sweetener like maple syrup or agave nectar. The milk can also be flavoured with vanilla or other spices.

Its origins can be traced back to ancient times in the Middle East and Mediterranean regions, where almonds were a popular food used in various dishes. They were also utilized in traditional medicine to treat various ailments. However, almond milk was not widely consumed as a beverage until medieval times, when it was used as a

milk substitute for people who were lactose intolerant or had a cow's milk allergy. In recent years, almond milk has gained popularity as a plant-based alternative, particularly among vegans and those looking for a dairy-free option. It is a good source of vitamin E, an essential antioxidant for maintaining healthy skin and eyes. Additionally, it is low in calories and fat, making it a suitable choice for those trying to maintain a healthy weight.

Almond milk is slightly nutty and creamy, making it perfect for coffee, tea, and other hot drinks. It can also be used in cooking and baking as a milk alternative. Almond

milk is a good source of carbohydrates, protein, and healthy fats. Moreover, it is gluten-free and does not contain any cholesterol.

Almond milk is now widely consumed globally, though its origin can be traced back to the Middle East and Mediterranean regions. It can be found in coffee shops and supermarkets and is commonly used as an alternative to cow's milk in cooking and baking.

The market for almond milk is expected to grow in the coming years, with many new brands and varieties being introduced.