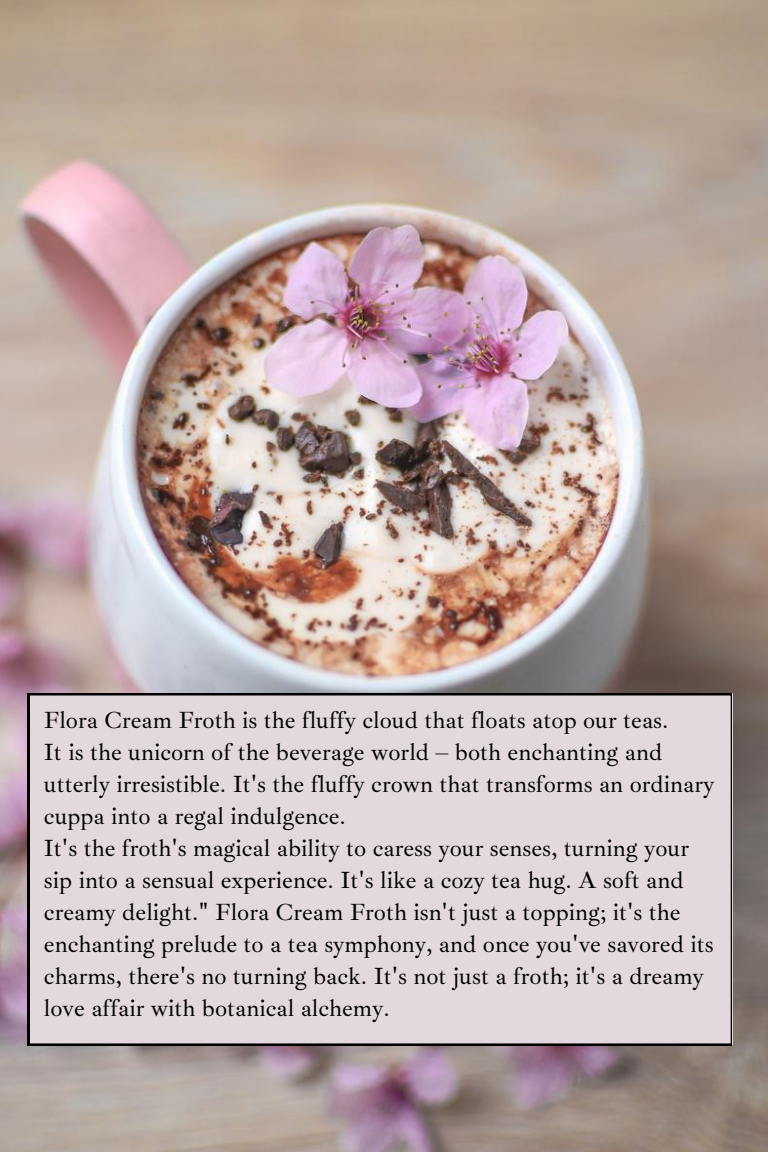




Flora Creams & Froth



Flora Cream Froth is the fluffy cloud that floats atop our teas. It is the unicorn of the beverage world – both enchanting and utterly irresistible. It's the fluffy crown that transforms an ordinary cuppa into a regal indulgence.

It's the froth's magical ability to caress your senses, turning your sip into a sensual experience. It's like a cozy tea hug. A soft and creamy delight." Flora Cream Froth isn't just a topping; it's the enchanting prelude to a tea symphony, and once you've savored its charms, there's no turning back. It's not just a froth; it's a dreamy love affair with botanical alchemy.



Oat Milk

=

StrainBlend

(Soaked Oats + Pure Water)

Oat Milk



🕒 8hrs + 10 min

INGREDIENTS

- 1 cup organic colloidal
oats
- 1 cup of pure clean water
- +2 cups of pure clean
water
- 1 Nut Milk Bag

DIRECTIONS

- Rinse and soak the Oats overnight in 1 cup of pure clean water.
- In the morning, place the soaked and rinsed Oats in your highspeed blender.
- Add 2 cups of water and blend on high until it forms a smooth silky milk.
- Strain through the Nut Bag.
- Place the Milk into a glass bottle and store it in your fridge for up to one week.



Almond Milk

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StrainBlend

(Soaked Almonds + Pure Water)

Almond Milk



🕒 8hrs + 10 min

INGREDIENTS

1 cup organic, raw almonds
1 cup of pure, clean water
+3 cups of pure, clean water

1 Nut Milk Bag

DIRECTIONS

- Rinse and soak the almonds overnight in 1 cup of pure clean water.
- In the morning, place the soaked and rinsed almonds in your high-speed blender.
- Add the 3 cups of water and blend on high until it forms a smooth, silky milk.
- Strain the milk through the nut bag into a glass bottle.
- Store it in your fridge for up to one week.



Cashew Milk

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StrainBlend

(Soaked Cashews + Pure Water)

Cashew Milk



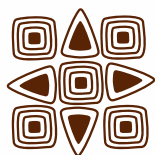
🕒 6 minutes

INGREDIENTS

- 1 cup organic, raw cashews
- 1 cup of pure clean water
- 3 cups of pure clean water.

DIRECTIONS

- Rinse and soak the cashews overnight in 1 cup of pure clean water.
- In the morning, place the soaked and rinsed cashews in your high-speed blender. Add the 3 cups of water and blend on high until it forms a smooth, silky milk.
- Place the milk into a glass bottle and store it in your fridge for up to one week.



Dates are nature's little treasures

Sun-kissed and rich in natural sweetness, they transform into a delicious, nourishing treat that brightens both body and spirit.

Date Froth

Prepare the Dates: Start by removing the pits from the dates. Save the pits.

Soak the Dates: Place the pitted dates in a heatproof bowl and pour $\frac{1}{4}$ cup of warm Flora Cream over them. Let them soak for about 10–15 minutes. This will soften the dates and make them easier to blend.

Blend the Dates: Transfer the soaked dates and cream into your high-speed blender. Blend on high until the dates are completely broken down and a smooth, creamy mixture is formed. You may need to scrape down the sides of the blender and blend again to ensure no date bits are remaining.

Check Consistency: The date mixture should be thick and creamy. If it's too thick, you can add a little more liquid, One teaspoon at a time. Blend until you achieve your desired consistency.

6 pitted dates

(Medjool dates work
well)

$\frac{1}{4}$ cup of warm Flora
Cream

Serve:

Your date froth is ready to use! You can spoon it onto your favorite beverages like coffee, tea, or smoothies. It adds a natural sweetness and a rich, velvety texture.

Store: Any leftover date froth can be stored in an airtight container in the refrigerator for a few days. Remember to give it a good stir before using it if it separates

Bom Dia London Fog

Antioxidant Elixir



2 servings



15 minutes

INGREDIENTS

1 Bom Dia Tisane Vial

1 cup water

1 cup Plant Milk

1/2 teaspoon vanilla extract

1–2 teaspoons of Date Froth

(adjust to taste)

Optional: A pinch of ground

cinnamon or nutmeg for

garnish

frother (to froth the Flora

Cream)

DIRECTIONS

- **Steep:** Boil 1 cup water, pour over 1 Bom Dia Tisane Vial in a mug, and steep for 5–7 minutes.
- **Heat & Froth:** Warm 1 cup milk on the stove until steaming; froth with a whisk or frother.
- **Combine:** Stir in vanilla and honey to the steeped tisane, then pour in the milk and top with foam.
- **Finish:** Optionally sprinkle cinnamon or nutmeg, then enjoy your London Fog!



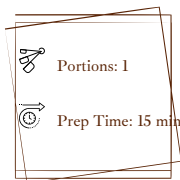
Herbal Joe

INGREDIENTS

- 1-2 tablespoons raw cacao
- 1 bay leave
- 1/2 teaspoon of Coriander
- 1.5 cups hot water
- Date Froth to your liking
- Optional: Flora Cream

DIRECTIONS

- Heat the water until it reaches a near-boiling temperature.
- Meanwhile, place 1-2 tablespoons of raw cacao, one bay leaf, and coriander into an empty cup.
- Pour the hot water over the raw cacao while stirring, allowing the cacao to dissolve.
- Straining the mixture is optional.
- Sweeten your raw cacao brew to taste with Date Froth.
- Pour your raw cacao into a mug and start your day with the energizing, rich, deep flavors of this "coffee-like" morning brew.
- Optional: Warm up some Flora Cream and add it to your Herbal Joe.

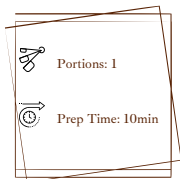




Nomad Goldn Drink

INGREDIENTS

- 1.5 cups water
- 2 tablespoons soaked cashews (soaked for at least 4 hours or overnight)
- 1-2 pitted dates, chopped
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground ginger (or 1/2 teaspoon fresh grated ginger)
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ground cinnamon
- pinch of black pepper
- 1/2 tablespoon coconut oil

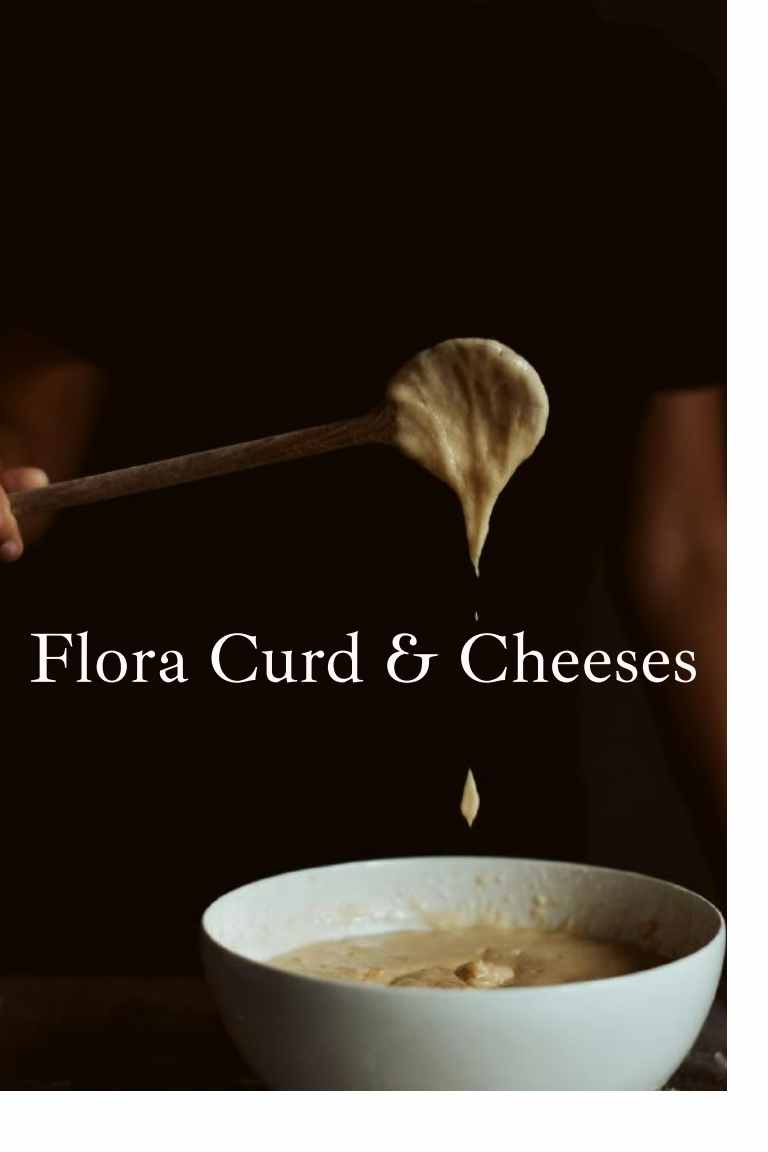


DIRECTIONS

Rinse the cashews and soak them in water overnight or for at least 4 hours. Rinse and drain before use.

1. In a high-speed blender, combine the soaked cashews, chopped dates, and water. Blend until you get a smooth paste.
2. In a saucepan, heat the cashew and date mixture over medium heat until warm but not boiling.
3. Add the ground turmeric, ground ginger (or grated fresh ginger), ground cardamom, ground cinnamon, and a pinch of black pepper. Stir well to incorporate the spices.
4. Add coconut oil for extra richness. Stir until melted and well combined.
5. Taste the golden milk and add honey or maple syrup if you prefer a sweeter flavor. Adjust the sweetness according to your liking.
6. Pour the Nomad Golden Milk into mugs, and add hot water if the consistency is too thick.
7. Sprinkle a little extra cinnamon on top if desired, and savor the comforting and nourishing flavors.

PLANTNOMAD



Flora Curd & Cheeses



Cheese is an experience, of flavor and texture that transcends the ordinary. But true indulgence isn't limited to dairy. With a little botanical alchemy, plant-based cheeses can deliver the same creamy decadence, complexity, and depth. Nuts, seeds, vegetables and cultures blend to create rich, velvety textures, while fermentation and aging unlock bold, nuanced flavors.— It's a reinvention of cheese. A magical transformation.

Flora Cheese Sauce

Nut Free Cheese Sauce Substitute



2 servings



15 minutes

INGREDIENTS

2 cups organic potatoes peeled and
diced
1 cup carrots peeled and diced
1 cup of pine nuts
1+ cup vegetable stock
1/2 cup nutritional yeast
1/3 cup organic cold pressed canola
oil. Other oil may change the taste
1 tbsp lemon juice
1 tsp salt
1/2 tsp garlic powder
1/2 tsp onion powder
1 tsp of tapioca starch

DIRECTIONS

- Boil the potatoes, carrots and pine nuts in the vegetable broth for about 20 minutes or until soft.
- Transfer the mixture to your high speed blender and add the remaining ingredients.
- Blend until very smooth.
- You can add your own twist to the cheese by adding other spices to your mixture.

Flora Parm

Parmesan Cheese Substitute



2 servings



15 minutes

INGREDIENTS

1/2 cup raw cashews
1/2 cup macadamia nuts
1/2 cup nutritional yeast
1/4 teaspoon salt
1/4 teaspoon of miso paste
(adjust as needed)
Airtight container

DIRECTIONS

- Add all the ingredients to a food processor and pulse several times until it's broken down into a fine crumbly texture, scraping down the sides as needed.
- Pulse a few times until it resembles Parmesan Cheese
- Store in an airtight Container in your fridge for up to one week or freeze for up to three Months.

Fig & Cream

Cheese Dip Substitute



2 servings



15 minutes

INGREDIENTS

Flora Cheese Sauce, enough to fit
into a small oven proof dish

additionally:

5+/- figs

6 +/- sprigs of thyme

walnuts halves (optional)

sides:

focaccia bread

home made crackers

kale chips

apples or other fruits

celery sticks or other vegetables

DIRECTIONS

- Prepare the Flora Cheese Sauce according to recipe
- Cut 2 figs into small pieces.
- Cut the remaining 3 figs into halves.
- Gently pull the thyme leaves off four stems.
- Gently crush the walnuts
- Set the oven on broil .
- Transfer the cheese sauce to an oven proof dish and fold the thyme leaves and fig pieces into the sauce.
- Arrange the fig halves and two of the thyme sprigs on top of the cheese.
- Place the dish into the oven and broil until the top becomes brown and bubbly.
- Take the dish out of the oven and sprinkle the crushed walnuts on top.
- Enjoy with any sides of your choice.



Flora Curd

INGREDIENTS

- 2 cups of Cashew Flora Cream
- 6 yoghurt jars (or alternatively mason jars)
- 1 pot
- wooden spoon

optional: healthy toppings like fruits, granola, hemp seeds, cardamom, etc

DIRECTIONS

- Heat the Flora Cream gently until it reaches a near-boiling temperature.
- Turn down the temperature to medium low while stirring gently with the wooden spoon.
- The mixture will thicken as you stir.
- Be careful not to burn it.
- Once thickened fill into the yoghurt or mason jars.
- Set on a tray and cover each jar with a lid.
- Let the yoghurt rest in a warm place in your kitchen for 24-48 hours.
- Once Yoghurt is set refrigerate
- Enjoy with the toppings of your choice



Portions: 6



Prep Time: 30min
+48 hrs fermenting

PLANTNOMAD



There's a quiet magic in the transformation of simple, wholesome ingredients. This Book is a fresh take on indulgence, free from harmful byproducts yet full of flavor. These simple bases open the door to endless elixirs, dips, desserts, and snacks, inviting creativity into every bite. Each of these foods carries its own story of care and nourishment, a reminder that nature's gifts can be transformed into everyday delights. These recipes are meant to bring ease, comfort, and a little bit of magic to your life.

RantNomad