

Cuisinart

NutSmart™ Tips & Recipes



Meet your *NutSmart* Plant Based Drinks Maker

Discover the amazing taste and convenience of home-made plant-based drinks. From almond, cashew, macadamia and oat, to even rice, soya and hemp milk. Take control of the ingredients and make your very own blend – **saving up to 50% of the cost of store bought milks.**

Featuring a powerful 1000W motor and stainless-steel blades, the NutSmart creates delicious, smooth and healthy drinks in just 60 seconds (non-heated). NutSmart's built-in Smart Flow Filtration system ensures optimal separation of solids for creamy, delicious drinks. **We always recommend reading the manual before getting started!**

Why You'll Love NutSmart™

Save Money with Every Glass: Using just 50g of soaked nuts, you can make 1L of fresh nut milk.

Healthier Ingredients: No additives, gums, fillers, preservatives or unnecessary ingredients.

Custom-made milks: Don't be limited by what's on the shelf – experiment and create your very own milk recipes.

Reduce Packaging Waste: Skip single-use cartons and reduce waste with every homemade batch.

Fresh In Minutes: Produce back to back batches using the 60 second quick cycle (**No Heat** setting).

Tips for the best results

- Pre-soak nuts or seeds (min of 4 hours) for a creamier texture and taste.
- **Soya milk:** 45g dried beans must be soaked for at least 18 hours and then rinsed – **the Heat setting must be used for Soya to ensure it is safe to drink.**
- Experiment with flavours and blends by adding a touch of salt, vanilla or even chocolate and chai spice.
- For back-to-back batches use the **No Heat** setting (60 secs).
- For longer shelf life in the fridge, use the **Keep Warm** setting after the **No Heat** setting to bring to the boil (except for grains).
- Do not use heat with grains (i.e. oats, rice), as they will coagulate.
- Store fresh milks in sterilized glass containers in the fridge.
- Keep the pulp aside for baking and adding extra fibre to smoothies, muffins and muesli.
- For creamier, thicker results, increase nuts to 170g (soaked).

Tips for care and cleaning

- **NOTE: Do not immerse vessel or lid assembly in water.**
- The **Rinse** setting is advisable to loosen up sediment and make cleaning easier. Please refer to Manual for step by step guide.
- Unplug the unit and allow it to cool before cleaning.
- To clean inside the stainless-steel vessel, add soapy water and use a cloth or non-abrasive sponge to clean the interior. Rinse interior with warm water.
- To clean the blade assembly under the lid, rinse the blade under running water or gently use a soapy sponge or brush. Do not get moisture on the control panel.
- Wipe the outside of the vessel and lid with a soft, damp cloth. Do not rinse under water. Dry all parts after every use.
- The filter basket and collecting cup are top-rack dishwasher safe.

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Perfect Ratios

Everyday nut milk: 50g nut of choice (soaked) + 960ml water

Decadent nut milk/cream: 170g nut of choice (soaked) + 960ml water

Oat milk: 75g rolled oats (not soaked) + 960ml water
(**No Heat** setting, decant immediately)

Coconut milk: 100g fresh coconut pieces (soaked), or dessicated coconut + 960ml water (**No Heat** setting)

Soya milk: 45g beans (soaked min 18 hours then rinse) + 960ml water – **Must use heat setting.**

Our favourite starter recipes

For more delicious recipes, visit cuisinart.co.za

Hazelnut Hot Chocolate Drink

Makes just under 1L of a delicious, creamy, chocolatey treat!

Ingredients

140 grams hazelnuts (soaked)
20 grams chocolate-hazelnut spread
Pinch of pink Himalayan salt
960ml fresh cold water

Method

1. Put the hazelnuts, chocolate-hazelnut spread, and salt in the filter basket.
2. Fill the vessel with the water to the minimum line.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the **No Heat** Setting and run, then switch to **Keep Warm** to pasteurise and heat up.
5. Stir, decant and allow to cool before drinking.

Golden Milk Cashew Nut Latte

Ingredients

100g raw cashew nuts (soaked)
1 TBSP turmeric powder or grated raw turmeric
1 tsp heaped grated fresh ginger or powdered ginger
5 cardamon pods split open
1 tsp cinnamon (or 2 cinnamon sticks)
960 ml water

Method

1. Place cashew nuts, ginger and spices into the filter basket and secure.
2. Fill the vessel with the water to the minimum line.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the **No Heat** Setting and run, then switch to **Keep Warm** to pasteurise and heat up.
5. Stir, decant and allow to cool before drinking.

Macadamia Nut Chai Latte

Ingredients

100g raw macadamia nuts (soaked)
1 tsp (heaped) cinnamon or 2 cinnamon sticks
1 tsp All Spice or mixed spice
1 tsp heaped grated fresh ginger or powdered ginger
¼ tsp nutmeg
¼ tsp cloves
5 cardamon pods split open
Dash of black pepper
960 ml water

Method

1. Place nuts and spices into the filter basket and secure.
2. Fill the vessel with the water to the minimum line.
3. Attach the lid assembly to the filter basket and secure to the vessel.
4. Select the **No Heat** setting and then switch to **Keep Warm** to pasteurize and heat up.
5. Stir, decant and allow to cool before drinking.

Zero-Waste Almond Pulp Muffins

Ingredients

1 cup left over almond nut milk pulp
1½ cups wholewheat or spelt flour
⅓ cup maple syrup or raw honey
2 eggs
⅓ cup olive oil
½ cup homemade almond milk
2 tsp baking powder
1 tsp cinnamon
Optional: blueberries, grated apple or chopped walnuts

Method

1. Mix wet and dry ingredients in separate bowls, then combine and mix gently (don't over stir).
2. Bake at 180°C for 20–25 minutes.
3. Allow to cool, then remove from tin and serve with butter, jam or toppings of choice.