

IN -DEPTH

# M1

PLANT-BASED  
MILK MAKER

GUIDE

nama®





## CONTENTS

- 03 Why Plant-Based Milk
- 05 Nama M1 At a Glance
- 06 Product Overview
- 08 Key Benefits
- 09 Functional Benefits
- 10 What Makes the M1 Different
- 13 Benefits of Homemade Milk
- 15 Recipes + Personalization
- 17 Themes + Copy Points

## WHY PLANT-BASED MILK

The core of our mission is to make it easier and enjoyable to consume more plants. Our Nama juicers have helped hundreds of thousands of people add more fruits and vegetables to their lives, and now we are excited to help others add even more plant variety by creating a plant-based milk maker, the Nama M1.

We are launching the M1 Plant-Based Milk Maker because we've seen the popularity of plant-based milks explode over the past ten years. There are currently hundreds of store-bought brands available, but many of these brands lack quality and nutritional value and contain added sugar, unwanted additives, and shelf stabilizers.





While there are other ways to make plant-based milk at home they miss the mark on creating the best flavor and texture. We developed the M1 because we saw a need to perfect the way people make plant-based milks at home. Like our juicers, this machine needed to meet our extremely high standards—a beautiful design, easy to use, fast process from start to finish, hands-free to allow for multitasking, and super simple to clean. It also needed to result in a delicious beverage every single time.

# NAMA M1 AT A GLANCE

## NAME

Nama M1 Plant-Based Milk Maker

## OTHER NAMES

Nama M1 Milk Maker

M1 Plant-Based Milk Maker

M1 Milk Maker

## PRICE

\$400

## SHIPPING

We happily offer free domestic ground shipping on all orders within the 48 contiguous US states. Expedited shipping is available to most regions.

Hawaii, Alaska, US Territories—

We offer our discounted shipping rates through FedEx, UPS, and DHL without any mark-up on our end.



## HEIGHT

16.3in

## WEIGHT

11.9lbs

## MILK YIELD

2-4 cups

## PLUG + AVAILABILITY

We will launch with the U.S. model and international models in 2025.

## WARRANTY

15 years all parts

# PRODUCT OVERVIEW

## FIRST OF ITS KIND

Our new patent-pending technology is what sets the M1 apart from other at-home machines and methods. The M1 is able to combine the blending and straining processes into one machine to infuse the most flavor into the beverage, meaning it retains so much more of the ingredients, so it doesn't taste watered down—the result is consistently rich and creamy, making the best-tasting nut, grain, and seed milks we've ever tried.

## WHO IS THE NAMA M1 PLANT-BASED MILK MAKER FOR?

The Nama M1 Plant-Based Milk Maker is for anyone looking for a machine that makes delicious, nutritious milk, that's easy to use, quick to clean, and produces a higher quality result that's better than anything else on the market.



## IT'S PERFECT FOR ANYONE WHO

- Wants to make more plant-based milk at home in minutes
- Believes store-bought milks contain too many unhealthy added ingredients
- Desires a barista-quality milk every time
- Is motivated to find more nutritious options that help nurture their family
- Prefers alternative options to coffee creamers, cereal, smoothie bases, etc.
- Is lactose intolerant and looking for a healthy and easy solution



# KEY BENEFITS

## FRESH, FAST, EASY

Making delicious and nutritious milk in the Nama M1 Plant-Based Milk Maker takes only minutes from setup to completion. Allowing you to make a habit of having freshly made plant-based milk available every day.



## NO SOAKING REQUIRED

You can have fresh plant-based milk in minutes without prepping ahead of time. Other methods of making milk at home take up to 8 hours to soak and prepare ingredients, and the result still isn't as rich and creamy as the M1.

## SIMPLE TO MAKE

The Nama M1 Plant-Based Milk Maker is easy to set up and has a simple interface that guides you through the two-step process. You can have fresh plant-based milk in minutes without prepping ahead of time.



## FUNCTIONAL BENEFITS



### EASY TO CLEAN

Cleaning the M1 is a breeze. It features a simple method for pulp extraction for later use, a convenient self-cleaning process, an included cleaning brush, and minimal parts to wash.

### BARISTA-QUALITY MILK AT HOME

The M1 creates silky, smooth, nutrient-dense milk that optimizes flavor, creaminess, and texture. It provides a delightful mouth feel and consistency that elevates every sip. The patent-pending technology creates a simple two-step process that separates and strains the ingredients from the milk, maximizing the yield from your recipe.





## WHAT MAKES THE M1 DIFFERENT

### NEW BLEND + STRAIN TECHNOLOGY

The M1 Plant-Based Milk Maker introduces a new patent-pending technology that integrates the blending and straining process. It is designed to infuse the most flavor from the nut, seed, or grain, leaving pulp that is dry and the liquid highly concentrated.

During the blending phase, the ingredients are mixed into the liquid, facilitating the emulsification of oils and fats. The result is a silky smooth milk that maximizes flavor, creaminess, and texture, providing a delightful mouth feel and consistency that elevates every sip.

Additionally, the spinning action gently separates the liquid from the solids without applying heat, gradually increasing in speed to extract all the flavor and nutrition. This flavor extraction results in a rich milk that retains all the flavors while leaving the pulp dry, which is ideal for other plant-based recipes, like healthy crackers and baked goods.

## LOTS OF FLAVOR, LITTLE WASTE

The Nama M1 Plant-Based Milk Maker is able to maximize the concentration of flavors because all of the flavor added ends up in the milk. It efficiently processes ingredients and maximizes extraction, so there is minimal waste.

## MAKES MORE THAN MILK

The Nama M1 Plant-Based Milk Maker can also make infused olive oils, flavored waters, soups, wellness shots, and more. Plus, the dry pulp that results from plant-based milks can be used in so many delicious recipes.





## ENVIRONMENTALLY-FRIENDLY PACKAGING

- No more plastic in the packaging
- All the main components are protected with a reusable bamboo bag with cotton strings
- The ink used is water-based, and we use plant-based inks on brown cardboard
- Removed plastic from the handle so it's now strong, biodegradable, and compostable
- Biodegradable - People put the packages in their gardens under the bed to suppress weeds. Takes sustainability to a whole new level.
- All of the boxes and printed materials (recipe book, manual, quick start guide) are recyclable

# THE BENEFITS OF MAKING PLANT-BASED MILK AT HOME



## FRESHNESS

Homemade plant-based milk is fresher compared to store-bought varieties, as it does not contain preservatives or additives. This can result in a deeper flavor and potentially higher nutrient content. Even low-ingredient store-bought milk has gone through pasteurization or high-temperature processing.



## PROMOTES PLANT-BASED CONSUMPTION

Plant-based milk offers several health benefits, including being lactose-free, cholesterol-free, and typically lower in saturated fat than dairy milk. Additionally, plant-based milks offer a variety of options to suit different tastes and nutritional needs, and they can be a more sustainable choice for those looking to reduce their environmental impact. Plant-based milk has lower greenhouse gas emissions, land use, and water consumption compared to dairy milk.



## CONTROL OVER INGREDIENTS

Making plant-based milk at home allows you to control the ingredients used, including the type and quality of nuts, seeds, grains, or legumes, as well as sweeteners and flavorings. Store-bought milk may contain unwanted ingredients such as lecithins, gellan gum, carrageenan, guar gum, locust bean gum, xanthan gum, cane sugar, agave syrup, stevia, natural flavors, or seed oils.



### REDUCED PACKAGING WASTE

Homemade plant-based milk reduces the amount of packaging waste generated from store-bought cartons, contributing to environmental sustainability. Tetrapacks consist of multiple layers of paper, aluminum, and plastic, making them hard to recycle. By making your own milk, you can store it in a reusable container or bottle. Also, buying nuts in bulk or shopping at packaging-free shops and farmers' markets further reduces packaging consumption. Most households consume one to two quarts of plant-based milk a week that's 52 to 104 cartons in the landfill each year.



### PULP UTILIZATION

Making milk at home can be zero waste. Leftover pulp can be used in various recipes or stored for later use. Nama developed a silicone pulp tray to promote storing pulp in the fridge or freezer for later use in cereals, cookies, etc.



### REDUCES SHIPPING IMPACT

Making milk at home minimizes the need to ship water-heavy, store-bought milk. Most milk contains only 2-10% nuts or oats; the rest is primary water and additives. The water and additives are a significant volume, causing increased emissions during shipment.

# BASIC FORMULA TO MAKING NUT MILKS

1 cup of your favorite nut to  
3-4 cups of milk

- Reduce the water to nut ratio for a creamy and thicker milk
- Add less water if you like your milk more creamy, add more water if you prefer a lighter milk. Add less water if you like your milk more creamy, add more water if you prefer a lighter milk.
- Balance the fattiness and creaminess by including coconut, cashew, macadamia nuts or seeds.
- Sweeten to taste with dates, maple syrup or honey.

Note: Soaking nuts, seeds and grains is not necessary, but it improves digestion by neutralizing the enzyme inhibitors found naturally within the food. So, if you have the extra time, soaking can be beneficial.



A close-up photograph of a white bowl filled with a vibrant green plant-based milk. Several white daisies with yellow centers are floating on the surface of the milk. The background is softly blurred, showing more of the bowl and the surrounding environment.

# PERSONALIZE YOUR PLANT-BASED MILK

## HIGH PROTEIN

Try almonds, pistachios, hemp, or pumpkin seeds to boost the protein content in your milk.

## RICH & CREAMY

For a creamier milk texture, both macadamia nuts and coconut can provide a high ratio of healthy fats to create a rich drink.

## FRUITY

Adding fresh or frozen fruit can be a delicious way to increase essential nutrients in your milk. Experiment with strawberry, banana, mango, and more.

## CALM & COMFORTING

Infuse your milk with adaptogenic herbs and spices to help soothe your system, such as lavender, cardamom, or chamomile.

## NOURISHING & NUTRIENT-DENSE

Combine a mix of nuts, seeds, and grains for a greater variety of nutrients such as Brazil nut and pumpkin seed or flax and pistachio.

## ANTI-INFLAMMATORY

Supercharge your milk by adding fresh ginger or turmeric to create a drink with brain-boosting and anti-inflammatory properties.

## SWEET TREAT

Try enhancing your recipe with natural sweeteners such as dates, raw honey, or maple syrup to enjoy a dessert-like drink, like hazelnut chocolate.

## COFFEE CREAMER

Achieve silky coffee creamer at home, simply by reducing liquid in your recipe and choosing a higher-fat base such as coconut or cashew.

## BARISTA-STYLE QUALITY

Adding more fat with a touch of coconut oil, along with having more nuts in the milk, creates a creamier, fluffier foam that can top coffee, matcha, and more.

## ALLERGEN-FRIENDLY

Customize your milk to fit your specific needs. Nut-free: try sesame or hemp seeds. Keto: try coconut. Gluten-free: try rice or oats.



## THEMES + TALKING POINTS

### A FIRST OF ITS KIND

- Nama is transforming the plant-based milk industry.
- Nama is perfecting the way to make milk at home.
- The M1 makes the best-tasting homemade milk on the market.
- The M1 Plant-Based Milk Maker blends & strains in one machine.
- The M1 Milk Maker efficiently processes ingredients to maximize concentration and creates extremely dry pulp, which means more of the ingredients are incorporated into the milk.
- The M1 Milk Maker is a versatile machine that can also create infused oils, soups, flavored waters, and more.

### HIGH QUALITY TASTE

- Create delicious and nutritious plant-based milk in under 2 minutes.
- Make rich and creamy milk at home with the Nama M1 Plant-Based Milk Maker.
- Make barista-quality milk at home with the Nama M1 Plant-Based Milk Maker.
- The M1 Milk Maker consistently creates a super smooth and flavorful beverage.

## EASY TO USE

- Effortlessly make a creamy plant-based milk in under 2 minutes.
- The Nama M1 Milk Maker is the easiest way to make plant-based milk at home.
- Save time and reduce waste by making delicious and nutritious plant-based milk at home.
- The M1 Plant-Based Milk Maker is easy to clean.
- The M1 Milk Maker creates the most nutrient-dense plant-based milk.
- Nama encourages zero waste by creating delicious pulp recipes.
- The Nama M1 Milk Maker comes with a silicon pouch for effortless pulp extraction and storage.
- The M1 Milk Maker effectively removes pulp from the Filter Basket, and the spin cycle can be used to cut down on cleaning time.

