



THE
simple
GUIDE
TO M1
PLANT-
BASED
MILKS

nama®

In 60 seconds you can make:
a silky-smooth creamer
perfectly creamy cereal milk
a cold brew that's ready to pour
freshly infused strawberry milk
a warm, nourishing golden milk
the best matcha latte ever.





2-step process



no soaking



no waste



customizable



amazing flavor



15-year warranty



pure ingredients



easy to clean

YOU CAN HAVE IT ALL...

Like our juicers, the M1 meets our highest standards—a sleek, thoughtful design, **an effortless, hands-free process that lets you multitask, and a fast, mess-free cleanup.** From start to finish, making your own plant-based milk has never been easier or more enjoyable.

No Prep. No Wait. Just Perfect Plant Milk. The Nama M1 makes it easier than ever to create fresh, creamy plant-based milk in just two simple steps—no soaking, no mess, no hassle. With a few ingredients, you can enjoy pure, delicious nut, grain, and seed milk in minutes.





1 SWEETENER

just

NUTS
WATER
SWEETENER
SEA SALT



2 WATER



SEA SALT

3

NUTS • GRAINS • SEEDS

4



EASY AS 1, 2, 3



BLEND + STRAIN PROCESS

The M1's patent-pending blend+strain technology seamlessly blends and strains in one step, maximizing flavor and creaminess. It emulsifies oils and fats for an ultra-smooth texture, then gently extracts every drop of rich, concentrated milk—no heat, no waste. The leftover dry pulp is perfect for repurposing into healthy snacks and baked goods.

SIMPLY DELICIOUS



FULL OF FLAVOR
ALL NATURAL
4 INGREDIENTS
NO SOAKING
ZERO ADDITIVES

WHAT
CAN
YOU
TURN
INTO
MILK?

NUTS

almonds
brazil nuts
cashews
coconut
hazelnuts
macadamia nuts
peanuts
pecans
pistachios
walnuts

SEEDS

flax
pumpkin
sesame
sunflower

GRAINS

barley
hemp
oats
quinoa
rice





NUTS

For the creamiest, most flavorful plant-based milk, choose raw, unprocessed nuts free from added oils, salt, or preservatives. **Organic varieties are ideal** to avoid pesticides, and fresher nuts will yield a naturally sweeter taste.

SEEDS

Opt for raw, hulled, and unsalted seeds to maximize flavor and nutrition in your milk. **Fresh, high-quality seeds**—especially organic ones—will produce a smoother, richer texture, while older or lower-quality seeds may result in a more bitter taste.

GRAINS

For the best plant milk, **choose whole, unprocessed grains** that are free from additives or artificial coatings. Organic, non-GMO options ensure cleaner flavor and higher nutritional value, while fresher grains will yield a naturally sweeter and smoother milk.

RAW

For the best flavor and nutritional benefit, choose raw, unprocessed nuts and seeds. They naturally create a smoother, creamier, and slightly sweeter milk. Roasted nuts tend to be dry and brittle, leading to a thinner texture with more bitter undertones.

WATER

Water quality can impact the taste of your milk, so **opt for filtered water to ensure a clean, consistent flavor**. For a refreshingly cold drink, use chilled water to keep your milk cool and ready to enjoy straight from the M1.

STORING

For the best shelf life, store your milk in a clean, **airtight glass container** and refrigerate immediately. It's best enjoyed fresh but will keep for up to 3 days (or 24–48 hours if it contains fresh fruit). If needed, you can freeze it for up to 3 months.

COST

Homemade plant-based milk offers **significant savings over time** if you make it regularly and buy in bulk. For example, 4 cups of store-bought, minimal-ingredient nut milk brands can cost up to \$7, whereas you can make 4 cups at home for just \$1 to \$4 depending on ingredients used.



The Nama M1 creates fresh, delicious plant-based milk so there is joy in every sip. With 4 simple ingredients, you can whip up smooth, creamy milk in minutes. Using only 1 cup of nuts, seeds, or grains, you'll get 4 cups of pure, homemade milk. **Here are a few of our favorite simple recipes to try.**

simple **ALMOND MILK**

1 cup almonds
3-4 cups water
2 dates, pitted
pinch sea salt




Almonds are packed with healthy fats, fiber, vitamins, and minerals that support brain function and skin health.



Enhance the flavor of almond milk with a dash of vanilla or cinnamon





Elevate the flavor of
oat milk with:

Turmeric + honey for an
anti-inflammatory latte

Nutmeg + vanilla to
enjoy warm in a mug

everyday
**OAT
MILK**

1 cup rolled oats
3-4 cups water
2 dates, pitted
pinch sea salt

Oats are rich in fiber, especially beta-glucan,
which supports heart health, lowers
cholesterol, and helps keep you full longer.

Cashews are filled with essential minerals like magnesium and zinc and provide plant-based protein.

Cashew milk goes perfectly with:

Strawberries for a fruity taste

Cacao powder for a dessert-like drink

creamy
**CASHEW
MILK**

1 cup cashews
3-4 cups water
2 dates, pitted
pinch sea salt





Pumpkin seeds are rich in magnesium, zinc, and healthy fats, which support heart health, immunity, and restful sleep.

This milk is
delicious with:

Cold brew + cinnamon

Masala chai + vanilla

Matcha + a little
maple syrup

savory PUMPKIN SEED MILK

1 cup pumpkin seeds
3-4 cups water
2 dates, pitted
pinch sea salt

rich COCONUT MILK

1 cup coconut
3-4 cups water
2 dates, pitted
pinch sea salt

Blends beautifully with:
Berries + lime for a zing
Banana + cinnamon for
a creamy treat
Pineapple to take you
to the tropics

Coconuts contain healthy fats,
electrolytes, and antioxidants that
support hydration, brain health,
and energy levels.



The beauty of making your own plant-based milks with the M1 is how easy it is to customize the recipes to suit your preferences. **It's easy to create allergen-friendly options, specific flavor profiles, the perfect level of sweetness, the right texture and creaminess, or even a nutrient-focused blend.**

SWEETEN IT YOUR WAY

Enhance your plant-based milk with natural sweeteners like dates, raw honey, or maple syrup. Whether you're going for a dessert-like indulgent blend or just a hint of sweetness, it's easy to customize every sip to your taste.

DATES



MAPLE SYRUP



FRUIT



COCONUT SUGAR



HONEY



MILK 9 WAYS



on its own



with your cereal



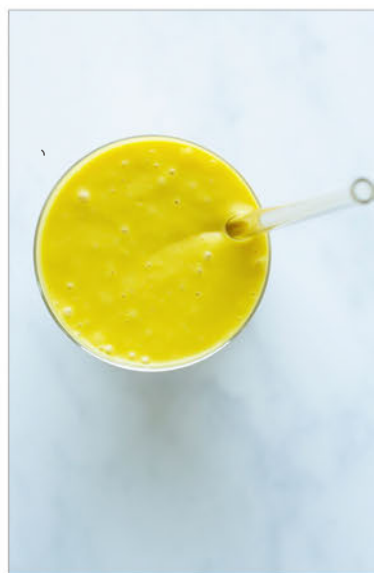
coffee creamer



smoothies



chia pudding



lassis



creamy desserts



overnight oats



in oatmeal

ONE BASE, ENDLESS FLAVORS



CARDAMOM



CACAO



GINGER



CHAMOMILE



MACA



VANILLA



STRAWBERRY



MATCHA



BANANA



TEA



ROSE



TURMERIC



BLUEBERRY



CINNAMON



LAVENDER

PERSONALIZE YOUR POUR



CREAMIER

For an ultra-creamy texture, macadamia nuts and coconut are rich in healthy fats, making them perfect for creating a decadent and smooth plant-based milk.

Add almonds, pistachios, hemp, or pumpkin seeds to enhance the protein content of your plant-based milk.

PROTEIN



SWEETER

Sweeten your recipe with natural options like dates, raw honey, or maple syrup to create a dessert-like drink, such as hazelnut chocolate.

Add fresh or thawed frozen fruit to boost nutrients in your milk. Try strawberry, banana, mango, and more for a delicious twist.

FRUITY



COFFEE

Make silky coffee creamer at home by reducing liquid and using a higher-fat base like coconut or cashew.

Make a delicious cereal milk by increasing liquid and choosing nuts or grains that complement the flavor of your morning cereal or oats.

CEREAL



COMFORT

Infuse your milk with adaptogenic herbs and spices like lavender, cardamom, or chamomile for a calming drink at the end of the day.

ENJOY 3 WAYS

HOT

COLD

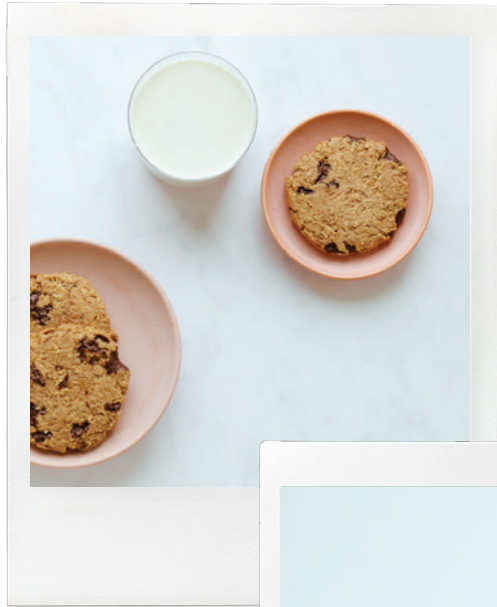
AS IS



WHAT TO DO WITH...

PULP

seed + pulp crackers

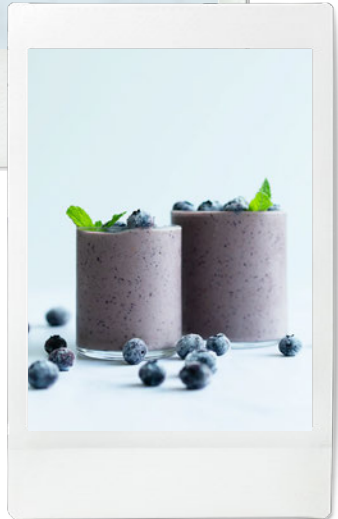


PB chocolate chip cookies

CRACKERS COOKIES

Find these recipes and more
in the recipe book included
with your Nama M1.

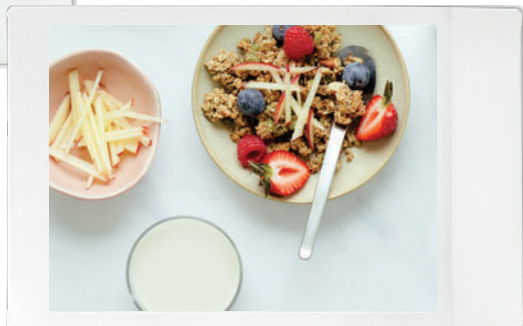
fiber for smoothies



no bake protein bites



+ FIBER GRANOLA BITES



STORING YOUR MILKS

KEEP IT CLEAN

For optimal freshness, rinse your storage bottles after each use with warm, soapy water. Use a brush for any hard-to-reach spots, and let them dry completely before refilling with more plant-based milk.

AIRTIGHT IS RIGHT

Keep your plant-based milk fresh by using an airtight container. Glass bottles with snug lids—like Nama's—are perfect: non-reactive, easy to clean, and preserve flavor. Airtight storage keeps your milk creamy and delicious.

FILL TO THE TOP

Fill your container close to the top to reduce oxidation, which can affect taste, texture, and nutrients. Less air means fresher milk for longer. Just don't overfill—leave room to seal without spilling.

UP TO 3 DAYS

M1 plant-based milk stays fresh up to 3 days when stored properly: clean tools, airtight containers, and quick refrigeration. Make smaller batches to enjoy peak freshness as zero additives can mean shorter shelf life.

FREEZE IT

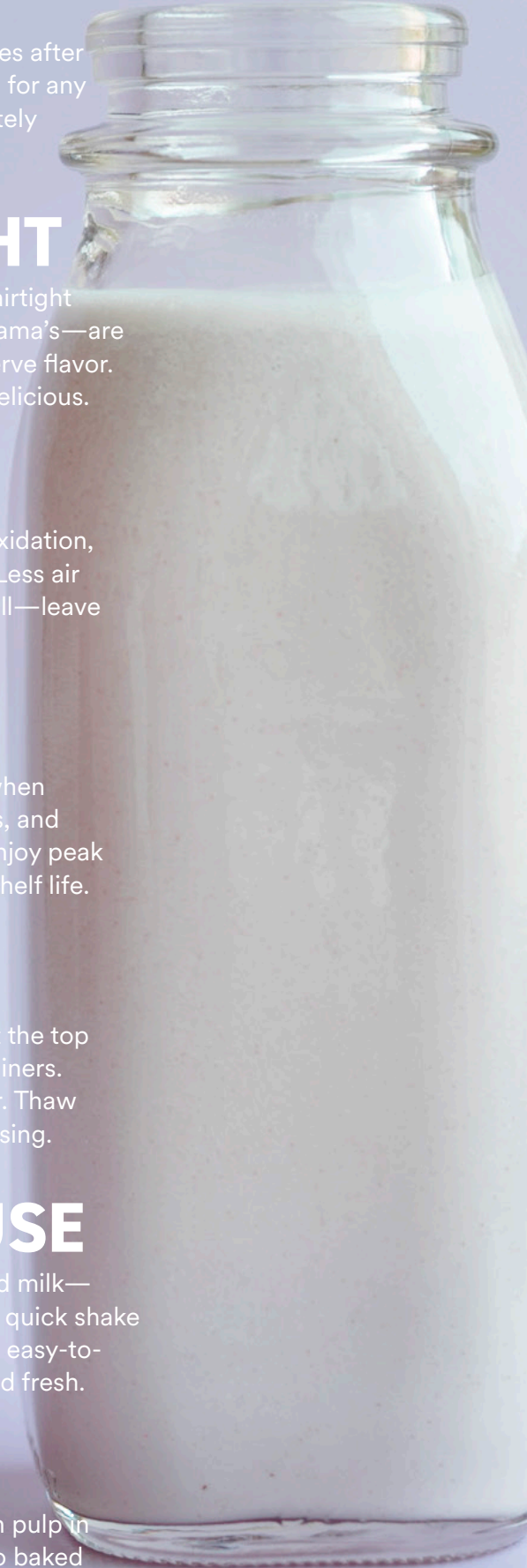
Freeze milk for up to 3 months. Leave space at the top for expansion, and use glass or BPA-free containers. Label with the date and type so you remember. Thaw overnight in the fridge and shake well before using.

SHAKE BEFORE USE

Separation is normal in homemade plant-based milk—no emulsifiers means it settles over time, but a quick shake or swirl brings it all back together. Use airtight, easy-to-shake containers to keep each pour creamy and fresh.

USE YOUR PULP

With the silicone pouch, store the nutrient-rich pulp in the fridge for up to 2 days or freeze it. Add it to baked goods, oatmeal, smoothies, and more. It's a great way to reduce waste and get creative with your ingredients.





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