

Are the uses of all kinds of nut milk, bean milk, and corn milk you know?

Recently, women often spread each other about how and how to use the formula, soymilk, corn milk ... So what kind of benefits does this milk bring to health? Follow the article below to get your answer!

Recently, women often spread each other about how and how to use the formula, soymilk, corn milk . So what kind of benefits does this milk bring to health? Follow the article below to get your answer!

main content

1. Learn about the benefits of granules
 1. Uses of corn milk
 2. Effect of soy milk
 3. Uses of walnut milk
 4. Uses of macca nut milk
 5. Effect of chestnut milk
 6. Use of black sesame milk
 7. Effect of lotus seed milk
2. Some tips for making delicious home-made lotions
3. Suggest some common soy milk making machines
 1. Magic Korea A-68 - 1.3 liter soy milk maker
 2. Joyoung DJ13C-Q3 soy milk maker
 3. Mishio MK-140 soy milk maker



Learn about the benefits of granules

Uses of corn milk

Corn milk is a type of milk made from corn grain. The composition of this milk does not contain cholesterol and lactose. It contains many starches, fiber, vitamins . Using corn milk helps people with a healthy digestive system, brain tonic, against aging phenomena and supplementing energy and extreme benefits with the system Heart.

However, according to the recommendations of US health experts, overuse of corn milk, especially sweet corn, will cause obesity, hyperglycemia, tooth decay, etc. Although it is good for your health, you should also consider to have a reasonable regime when using corn milk.



Effect of soy milk

This milk is made from soybeans (soybeans), they have a particularly high nutrient content, equivalent to cow's milk. In soy milk, there is a higher protein content of cow's milk, less calcium, but no lactose and less cholesterol.

Because of the above characteristics, soymilk is often recommended for older people, people with cardiovascular diseases, children in the development stage .



Uses of walnut milk

It can be said that walnut milk is the most nutritious milk among all current milk formula. In walnut milk, there is a lot of omega 3 and extreme vitamins that are beneficial for children and pregnant women. High levels of omega 3 in walnut milk are superior to salmon, which is very important for the brain development of infants and young children. In addition, walnut milk is also high in fiber, calcium, vitamins A, E, B and folic acid help reduce bad cholesterol, increase good cholesterol. At the same time improve cardiovascular health, improve digestive system, prevent gallstones and very good for people with insomnia.



Uses of macca nut milk

Dubbed the "queen of nuts", macca not only has an expensive price but its nutrient content also gives users many unexpected uses.

In macca nut milk contains high levels of essential oils (up to 78%) and in macca oil there are many types of unsaturated fatty acids that are good for health. Besides, macca milk is also rich in protein, fiber, vitamins, omega 3, calcium, up to 20 types of amino acids, especially without cholesterol.

Using reasonable macca milk will help prevent aging, beautify the skin, reduce the risk of cardiovascular disease. In addition, they are also very good for the brain, bones and joints suitable for dieters and diabetics



Effect of chestnut milk

The chestnut milk is composed mainly of starch, rich in protein, lipid, vitamins B1, B2, C, omega 3, phytosterols and other minerals.

Chestnut milk also has many positive health benefits, such as:

1. Add abundant energy
2. Help protect the cardiovascular system
3. Reduces the level of bad cholesterol
4. Reduce the risk of cancer
5. Additional kidneys coated positive, strengthen the tendon
6. Increases resistance
7. Against the phenomenon of aging .



Use of black sesame milk

Black sesame (black sesame) is often referred to as a "herbal medicine" in both eastern and western medicine. In black sesame milk contains many unsaturated fatty acids such as folic acid, amino acid, sesamin, sesamon, sesamol, along with vitamin E and copper, iron and calcium minerals .

Black sesame milk brings many health benefits:

1. Reduce blood cholesterol, anti-atherosclerosis
2. Prevention of cardiovascular diseases
3. Prevention of high blood pressure
4. Anti-inflammatory, anti-rickets, malnutrition
5. Smooth skin, black hair
6. Against the phenomenon of aging



Effect of lotus seed milk

Lotus seed milk is rich in calories, vitamin C, B, fiber and rich in minerals. When using lotus seed milk, users will get a better feeling of sleep and deep sleep (especially if they leave the lotus mind at work). Besides, it is good for stomach, reducing blood sugar, cholesterol, beautifying skin, treating cough, treating acne .



Some tips for making delicious home-made lotions

Currently, ready-made milk products are sold quite a lot in the market, but there are too light types, too sweet to meet the requirements as well as quality. So the advice for you is to actively make these milk at home to ensure hygiene and nutritional ingredients.

To make delicious and nutritious nut milk, you should note:

1. A soy milk maker should be equipped to make the process of making milk at home. This machine not only makes soy milk, corn, walnut milk . but it can also be used to make smoothies, soups or extremely

convenient porridge. With just 1 button, with the built-in program, you will quickly get the glass of hot and fragrant milk without taking much time and effort.

2. Should choose nuts, milk materials to ensure hygiene, safety, do not choose flat, rotten, damaged seeds to ensure milk quality
3. Soak seeds before processing
4. Milk when finished, if not used up, can be stored in the refrigerator for 2-3 days, should not be stored for too long

Suggest some common soy milk making machines

Here are some lines of soy milk making machine that you can make nutritious milk cups:

Magic Korea A-68 - 1.3 liter soy milk maker

Specifications:

1. Capacity of 1.3 liters
2. Power 750W
3. Voltage source 220V
4. Size 21cm x 21cm x 37cm
5. Warranty 12 months
6. Price: 999,000 VND



Joyoung DJ13C-Q3 soy milk maker

Specifications:

1. Capacity: 1.3 liters
2. Packaging weight: 3.7kg
3. Overflow: Yes
4. Capacity: 1,000W
5. Blade material: Stainless steel
6. Voltage source: 220V / 50Hz
7. Touch panel
8. Advanced plastic materials; Stainless steel 304
9. Function: Making soy milk
10. Warranty 12 months
11. Price: VND 2,050,000



Mishio MK-140 soy milk maker

Specifications:

1. Capacity: 1.4 liters
2. Packing size: 21.6cm x 21.6cm x 36.2cm
3. Package weight: 2.3kg
4. Capacity: 750W
5. Voltage source: 220V / 50Hz
6. Material: PP Plastic; SUS201 steel
7. Size: 22cm x 31cm
8. Warranty 12 months
9. Price: 990,000 VND



>> **Reference: Joyoung Soybean Milk Maker? Is that good?**

Nut milk has a very positive effect on the main health so please take some time to make your own rich, nutritious milk for your loved ones. If you need to use a milk machine, please contact us immediately for advice and support:

Hanoi: **024.3568.6969** or in HCMC: **028.3833.3366**

You finished reading the article "**Are the uses of all kinds of nut milk, bean milk, and corn milk you know?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.