



Oat Milk

MAKING YOUR OWN PLANT BASED MILKS ENSURES IS NOT ONLY A TASTIER OPTION, IT'S ALSO MORE NUTRITIOUS

Ingredients

- 1 cup oats (steel cut oats are the most nutritious) soaked overnight
- 4 cups water (use less water for thicker, creamier milk!)
- 1 pinch salt
- 1 whole date, pitted (optional)
- 1/2 tsp vanilla extract (optional)
- 2 Tbsp raw cacao powder (optional)

Method

- Add soaked oats, water, salt, and any additional add-ins (optional) to a high-speed blender.
- Top with lid and cover with a towel to ensure it doesn't splash.
- Blend for about 1 minute or until the mixture seems well combined. It doesn't have to be 100% pulverized. In fact, over-blending can make the oat milk slimy in texture.
- Pour the mixture over a nut milk bag and strain.
- Transfer to sealed bottle or container and refrigerate for up to four days