

# EASY OAT MILK

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*Makes about 3.5 cups of oat milk*

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Super easy and creamy oat milk that is a great milk-substitute and an eco-friendly option! Make it in less than 10 minutes and use in all your favorite coffee, smoothie, and breakfast recipes.

## INGREDIENTS

- 1 cup organic rolled oats (not quick oats nor steel cut)
- 3.5 cups filtered water
- pinch of salt
- 1-2 organic dates, pitted - OR - 1 T maple syrup (optional)
- 2 teaspoons vanilla extract (optional)
- nut milk bag - OR - extra-fine mesh strainer - OR - tea towel over strainer

## DIRECTIONS

1. Combine all of the ingredients in your blender. Blend on high for 1 minute.
2. Do not blend for much more than 1 minute or the milk can become slimy (the friction and heat will basically cook the oats, making it thick/pasty)
3. Adjust flavors at this point, adding more sweeteners if necessary
4. Pour into your straining contraption of choice and squeeze through, leaving the solids behind
5. Refrigerate and enjoy, knowing that you are doing good for the environment!

**NOTE:** be careful if you heat the oat milk on the stovetop because it could become thick and gummy