

OAT MILK

A quick and easy 2-ingredient, 5-minute way to make homemade oat milk! Naturally creamy and sweet, and perfect for smoothies, granola, and more! Author: Minimalist Baker Recipe Type: Gluten-Free, Vegan

Serving size: 8
Calories per serving: 39

Ingredients:

1 cup rolled oats (gluten-free if gf // or sub steel-cut oats*)
4 cups water (use less water for thicker, creamier milk!)
1 pinch salt
1 whole dates, pitted (optional // for sweetness // or 1 tbs (15 ml) maple syrup)
1/2 tsp vanilla extract (optional)
2 tablespoons cocoa or cacao powder for "chocolate milk" (optional)
1/4 cup fresh berries for "berry milk" (optional)



Directions:

Add 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 30 seconds - 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.

Scoop out a small sample with a spoon to test flavor/sweetness. If it's not sweet enough, add more dates.

Pour the mixture over a large mixing bowl or pitcher covered with a very thin towel or a clean T-shirt. In my experience, it benefits from a double strain through a very fine towel to remove any oat remnants. A nut milk bag seemed to let too much residue through.

Transfer to a sealed container and refrigerate. Will keep in the refrigerator up to 5 days (sometimes more). Shake well and enjoy cold. **DO NOT HEAT** or it will thicken and become gelatinous in texture. It's delicious as is or added to granola, smoothies, or baked goods!