



# OAT MILK

## INGREDIENTS

1 cup rolled oats

4 cups water (use less water for thicker, creamier milk!)

1 pinch salt

1 pitted date or 1 tbsp (15 ml) maple syrup (optional, for sweetness)

1/2 tsp vanilla extract (optional)

2 tbsp cocoa or cacao powder for "chocolate milk" (optional)

1/4 cup fresh berries for "berry milk" (optional)



**Transition Cambridge**  
[www.transitioncambridge.org](http://www.transitioncambridge.org)

Preparation Time: 10 min

Total Time: 10 min

Source: [minimalistbaker.com/make-oat-milk](http://minimalistbaker.com/make-oat-milk)

## INSTRUCTIONS

1. 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 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.
2. Scoop out a small sample with a spoon to test flavor/sweetness. If it's not sweet enough, add more dates.
3. 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.
4. 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!