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)

Preparation Time: 10 min
Total Time: 10 min
Source: 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!