



Flourishing Kitchen

How to make Oat Milk

Vegan. Gluten-free. (not raw)

Prep Time: 5 mins | Soak Time: 0 mins | Serving size: 500ml / 2 cups

Recipe Ingredients:

½ cup gluten-free rolled oats.
2 cups cold water.

Optional

1-2 pitted dates.
¼ tsp vanilla extract.
Pinch of sea salt.



You Will Need:

A blender.
Nut milk bag or fine mesh strainer.
Mixing bowl for straining the milk into.
Wide mouthed kitchen funnel.
Glass jar or container with a lid for storing.

Recipe Directions

1. Add the oats and water to a blender. If you want to add the optional ingredients do so now.
2. Blend all the ingredients together for about 30 seconds or until the mixture is combined.
3. Pour the oat milk through a nut milk bag or fine mesh strainer and into a large bowl so that the liquid is separated from the oat pulp.
4. Using a kitchen funnel decant the oat milk from the mixing bowl into your mason jar or glass bottle for storing. Refrigerate until needed.

Notes

Will keep for up to 5 days stored in a lidded container in the fridge. The recipe is easily doubled for a larger quantity. I found the following helpful to avoid getting a slimy oat milk:

- Don't blend the ingredients for longer than necessary.
- Don't squeeze the oats at the bottom of the nut milk bag like you do when you make nut milk.
- Use cold water and don't pre-soak the oats.