

Oat Milk

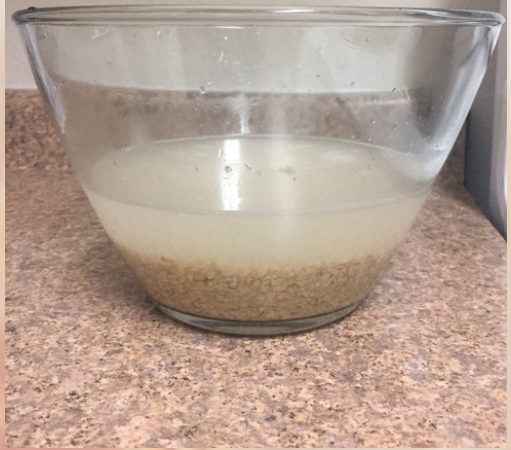
1

Buy in bulk



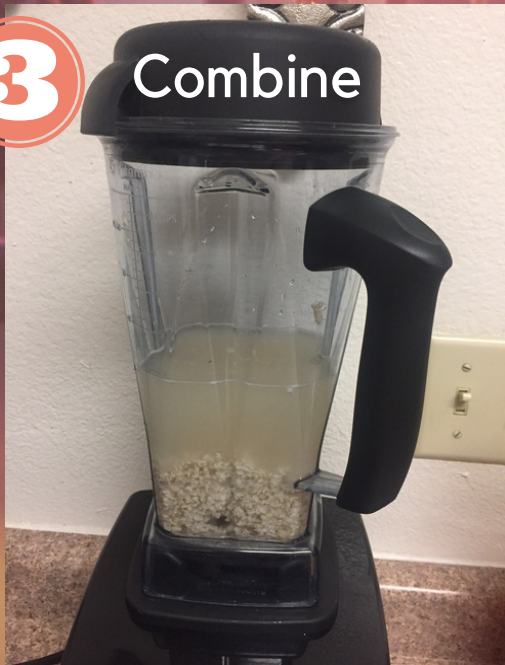
2

Soak oats



3

Combine



4

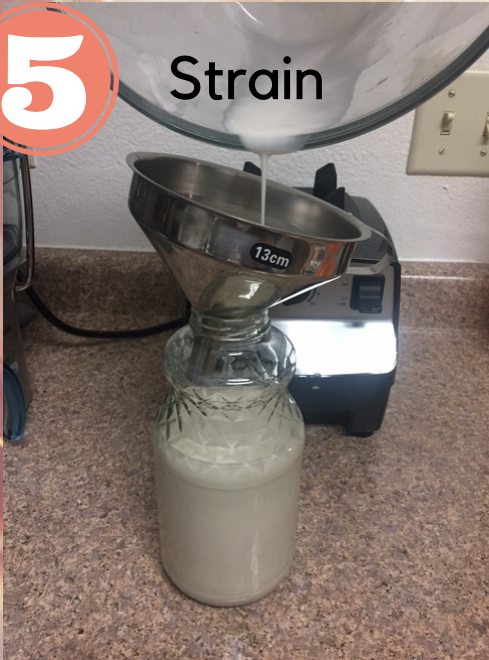
Blend



Oat Milk

5

Strain



6

Milk



7

Store



Oat Milk

1

Buy in bulk: Make sure to weigh glass jar before filling it up so you are only charged for the oats.

2

Soak oats: Soak in cold water for 20 minutes or overnight, and then strain the water out.

3

Combine: Combine 2 cups of cold filtered water with 1 cup of the soaked oats.
Optional: a pinch of salt, 2-3 dates, or vanilla extract

4

Blend: Blend up all ingredients in blender for 30 seconds.

5

Strain: Use a stainless steel funnel to put oat milk in reusable glass jar.

6

Milk: Use a reusable nut bag to milk the excess oat pulp. *Zero Waste tip: make muffins or cookies with the oat pulp.*

7

Store: Use an old glass container, such as a juice jug. Simply soak in hot soapy water, and the label will come off. Store in the fridge for 4-5 days.

