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.