**OAT MILK** <https://minimalistbaker.com/make-oat-milk/>

A quick and easy 2-ingredient, 5-minute way to make homemade oat milk! Naturally creamy and sweet, and perfect for smoothies, granola, and more!

**PREP TIME**10 minutes

**TOTAL TIME**10 minutes

***Servings:*** *8* (1/2-cup servings)

***Does it keep?****5 Days*

Ingredients

* 1 cup rolled oats (gluten-free if GF // or sub steel-cut oats\*)
* 4 cups water (use less water for thicker, creamier milk!)
* 1 pinch salt
* 1 whole date, pitted (*optional*  for sweetness or 1 Tbsp maple syrup)
* 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*)

Instructions

1. Add oats, water, salt, and any additional add-ins (optional) to a [high-speed blender](https://aax-us-east.amazon-adsystem.com/x/c/Qghzz67vnLtL1zabK5okN4sAAAFeTpDL_AEAAAFKAf28E00/http:/www.amazon.com/dp/B000GIGZXM/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=gFwGRXQvhd7fUYlhrNKZVg&slotNum=4&tag=minimalistbaker-20). Top with lid and cover with a towel to ensure it doesn't splash. Blend for about 30 seconds - 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](https://minimalistbaker.com/product/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](https://minimalistbaker.com/sea-salt-dark-chocolate-granola/), [smoothies](https://minimalistbaker.com/super-green-spirulina-smoothie-5-ingredients/), or [baked goods](https://minimalistbaker.com/1-bowl-chocolate-chocolate-chip-muffins-gf/)!

Notes

\*You can use steel-cut oats, but I found them to make the oat milk gummy and didn't enjoy their flavor as much.  
\*Nutrition information is a **rough estimate** calculated with no additional add-ins, and the oat "pulp" nutritional content removed.

Nutrition Per Serving (1 of 8 half-cup servings)

* **Calories:** 19
* **Fat:** 0.3g
* **Sodium:** 10mg
* **Potassium:** 13mg
* **Carbohydrates:** 3.4g
* **Fiber:** 0.1g
* **Protein:** 0.6g

**Oat Milk** <https://cookieandkate.com/oat-milk-recipe/>

* Author: Cookie and Kate
* Prep Time: 5 minutes
* Total Time: 5 minutes
* Yield: 4 ¾ cups

Learn how to make oat milk with this easy recipe! Oat milk is delicious and inexpensive. It’s also vegan, dairy free, nut free and gluten free.\* Recipe yields about 4 ¾ cups oat milk.

**INGREDIENTS**

* 1 cup old-fashioned oats\*
* 4 cups water, divided
* 1 tablespoon maple syrup
* 1 teaspoon vanilla extract
* Tiny pinch of salt

**INSTRUCTIONS**

1. First, we’re going to soak the oats for 15 minutes so they blend and strain more easily. Place the oats in a pitcher or bowl, and add enough water to cover by a couple of inches. Set aside for 15 minutes.
2. Drain the soaked oats in a fine-mesh sieve, and rinse them thoroughly under running water.
3. Next, transfer the oats to your blender. Add 2 cups of the water, plus the maple syrup, vanilla extract and tiny pinch of salt. Blend on high speed until the oat milk is smooth, about 1 to 2 minutes. Add the remaining 2 cups water and blend again.
4. To strain, place the fine-mesh sieve over a pitcher and pour the mixture through. Taste, and add more maple syrup for sweetness, if desired.
5. Oat milk tastes best after it’s been chilled in the refrigerator for at least 30 minutes. It will separate over time, so give it a stir before serving. Oat milk will keep well in the fridge, covered, for up to 5 days.

**oat milk** <https://simpleveganblog.com/how-to-make-oat-milk/>

* **prep time:** 15 minutes
* **total time:** 15 minutes
* **yield:** 3–4 cups

This homemade oat milk is super creamy, healthy and nutritious. You only need 4 ingredients, it’s ready in 15 minutes and tastes so good!

**ingredients**

* 1 cup oats
* 3–4 cups water, I make my oat milk using 4 cups
* 1 tsp [vanilla extract](https://simpleveganblog.com/homemade-vanilla-extract/) (optional)
* 1–2 tbsp maple syrup or 1–2 Medjool dates (optional)
* A pinch of salt (optional)

**instructions**

1. Soak the oats in water for at least 30 minutes. I usually soak them overnight, but that’s not necessary.
2. Drain the oats and rinse them. Discard the soaking water.
3. Add the oats, 3 to 4 cups of clean water (750 ml-1 liter) and all the remaining ingredients to a blender and blend until smooth. Add more or less water depending on how thick you like your oat milk.
4. Strain the milk using a cheesecloth, a strainer, a napkin or a nut milk bag.
5. Store in an airtight container in the fridge for up to 5 days.

**notes**

* You can use 1-2 Medjool dates (double the quantity if they are Deglet Nour) or any other sweetener if you like your milk sweet.
* I usually make unsweetened oat milk so I can use it to make savory and sweet recipes.
* Salt is optional, but it enhances the flavour.
* To make the milk, use 3 cups of water, try it and then add more water until you get the taste and thickness you’re looking for.