

Oat Milk

Ingredients/Zutaten

- 1/2 cup rolled oats
- 1 date
- 1 cup water



Servings/Portionen	1
Cuisine/Küche	
Total Time	

Directions/Zubereitung

1. Add 1/2 cup of oats, 1 pitted and chopped date, and 1 cup of water in the blender.
2. Blend for no longer than 30 seconds, until the date is processed and the mixture looks creamy. (Blending too long makes the milk slimy.)
3. Strain through a nut milk bag into a wide-mouth jar.
4. Close jar and chill for at least one hour.
5. Shake before serving.