

# OAT MILK

SERVINGS: 3 CUPS

PREPPING TIME: 5 MIN

TOTAL TIME: 5 MIN



## Supplies

[Glass Milk/Juice Jug](#)

[Nut Milk Bag](#)

[High Powered Blender](#) (a food processor will not work, you need a blender)

Measuring Cups

Measuring Spoons

[Large Measuring Cup/Pitcher](#)

## Ingredients

1 1/2 cups [rolled oats](#)

3 cups VERY cold filtered water

1/4 tsp [sea salt](#)

2 Tbsp maple syrup

1/2 tsp vanilla extract

## Directions

1. Add water, salt, maple syrup, and vanilla extract to a [high-speed blender](#).

2. Add oats (I buy mine in bulk [HERE](#), use code NUTTYHIKER for 10% off your order) to other ingredients in the [blender](#), top with lid, and blend for 40 seconds.

3. Pour the mixture over a large mixing bowl through a [nut milk bag](#) and strain by lightly squeezing the pulp.

4. Transfer to a sealed [glass milk/juice jug](#) and refrigerate. It will keep in the refrigerator for up to 5 days. Make sure to shake well before pouring.

## Notes

Water - I like to put the water that I plan on using in the fridge overnight to make sure it is super cold. Warm or room temp water can cause the mixture to be slimy. I also like to use filtered water instead of tap for a consistent taste. I definitely noticed a difference between using tap and filtered water.

Heating - Do not heat the oat milk. It will cause it to become thick and gelatinous.

Sodium - If you are watching your sodium levels, try lowering or omitting the salt. For one test, I did 1/8 tsp of salt, I personally did not notice a difference between the 1/8 and the 1/4, but my son swears he notices, so I make it with 1/4 tsp. I will probably slowly lower this...shhhhhh don't tell him!

I typically double this batch as we drink A LOT of oat milk!

For more tips, see the original blog post at <https://oddballranch.com/make-oat-milk/>

NuttyHiker.com

### Nutrition

Total Servings: 3 | Serving: 1 cup | Calories: 88 | Carbohydrates: 18 g | Protein: 1.6 g | Fat: 0.8 g | Saturated Fat: 0 g | Polyunsaturated Fat: 0.32 g | Monounsaturated Fat: 0.2 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 192 mg | Potassium: 40 mg | Fiber: 1.2 g | Sugar: 0.8 g | Vitamin A: 0 IU | Vitamin C: 0 mg | Calcium: 8 mg | Iron: 0.56 mg