



Oat Milk

(Homemade Organic from *Cooked* Oat Groats)

By Chocolate & Zucchini

Yields a scant quart of oat milk

Ingredients:

1/4 cup raw organic **oat groats**
1/4 teaspoon sea **salt** (optional) **

Step 1: Soak

Put the oat groats in a bowl, cover with fresh water, and leave to soak for 8 hours or overnight. Rinse the oats and throw out the soaking water.

Step 2 Cook oats

Place the oats, the salt if using, and 1 cup fresh water in a saucepan. Bring to a simmer over medium heat, cover, and cook at a low simmer for 40 minutes (or according to package instructions). Let cool completely.

Transfer to a blender, add 3 cups fresh water, and whizz until very smooth.

Step 3: Strain

Strain through a fine-mesh sieve into an airtight container. (Reserve the solids and add them to bread dough, or a cake or muffin batter.)

Oat milk will keep for 4 to 5 days in the fridge. It will separate as it sits; stir very well before using.

If you're going to use the oat milk for drinking, rather than cooking, you can sweeten it to taste with a little honey, agave, Stevia or other liquid sweetener, and flavor it with vanilla, spices, cocoa powder, or fruit syrup.

The Balanced Body Center

(704) 849-9393 www.knowbalance.com