



Oat Milk (Homemade Raw Organic)

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

If there is time, leave the oats in the colander at cool room temperature for 12 to 24 hours, to initiate the sprouting process.

Put the oats in a blender with the salt, if using, and 1 quart fresh water, and whizz until very smooth.

Let the water and oats mixture rest for 1 hour at room temperature.

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 or other liquid sweetener, and flavor it with vanilla, spices, cocoa powder, or fruit syrup.****

The Balanced Body Center

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