



OAT MILK

Preparation time: 10 min.

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| 100 g | fine oat flakes |
| 1 liter | water |
| 2 | Medjool dates (or 4 smaller dates), pitted |
| 2 pinches | of salt |

Add the oat flakes, water (very cold), dates, and salt to a blender. Blend briefly (about 30 sec.). If the oat flakes are blended for too long, the mixture will heat up and become slimy. Line a sieve with a clean cheesecloth and pour the blended mixture through the sieve and into a bowl. Squeeze out the cheesecloth thoroughly. Pour the oat milk into a bottle.

Note: If using coarse oat flakes, they must be soaked in plenty of water for about 2 hrs.

Tip: The oat pulp remaining in the sieve can be used for muesli, cookies, or cereal bars.