

# OAT MILK

It's so much easier to pick up a carton of oat milk, right? Well, maybe, but if you gulp down oat milk lattes like my two teenage daughters, you might want to blend up some homemade oat milk now and then to spare them the excess fillers and additives that come with the commercial variety. This version is cheaper, creamy, and has some protein to balance out all of those carbs from the oats.

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## INGREDIENTS

1 cup gluten-free rolled oats  
3-4 cups filtered water (3 for creamier)  
1/4 teaspoon salt  
1 tablespoon hemp hearts  
1/2 teaspoon chia seeds  
1 teaspoon vanilla extract  
1 tablespoon maple syrup (optional)  
couple of ice cubes

## MAKES 3-4 CUPS

- 1 In a dry pan toast the oats for a couple of minutes. Remove from heat and place in a plate to completely cool (about 20-30 minutes).
- 2 Place the oats in a high-speed blender. Add salt, hemp hearts, chia seeds. Then add water, vanilla extract, maple syrup, and ice cubes.
- 3 Blend the oats for about 30 seconds at most.
- 4 Place a mesh strainer over a pitcher and strain oat milk. Remove the oats from strainer and reserve if you like. Then strain the oat milk a few more times using a fine mesh strainer.

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## NOTES

- The oat milk will keep in the fridge for about 3 days. Shake well before drinking.
- The chia seeds are also optional and you only want 1/2 teaspoon. This helps prevent the milk from separating or at least a little bit!
- You can skip toasting the oats if you are in a rush, but toasting them helps reduce phytic acid, which binds to minerals and prevents absorption, but also reduces that oat milk slime.
- If the oat milk still tastes "chalky" then use a nut milk bag at the very end.