

RECIPES
FOR
QUARANTINE



Oat Milk Recipe

by Salty Studio



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Ingredients

- 1 part oats
- 3 parts water (add more or less depending on the thickness you want)
- Dates to sweeten (optional)
- Vanilla to sweeten (optional)



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How to

Add oats, water and any other extra ingredients you choose to a blender and blitz for 30-40 seconds max (if you blend for longer you might get a slimy texture).

Taste the oat milk and adjust the flavour if you need.

When everything is all blended up, place a muslin cloth (or piece of fabric or even a clean t-shirt) in a bowl and pour the oat milk onto it. Then squeeze out all the milk into the bowl.

Keep the oat pulp to make cookies or add to other recipes. Store the oat milk in a sealed jar/container/bottle in the fridge. It will keep for up to 5 days. Enjoy cold!

