

Oat Milk

<http://userealbutter.com/2020/03/31/oat-milk-recipe/>
based on [this recipe](#) and others

1 cup steel-cut oats (organic) or rolled oats (organic)
water for soaking
3 cups water
pinch of salt

If using steel-cut oats: Place the oats in a large bowl and cover with water. Soak for 12 hours. Drain and rinse the oats several times.

For steel-cut and rolled oats: Put the oats and 3 cups of water in a blender. Blend on high speed for 10-30 seconds until combined. Don't overblend as this increases the sliminess of the final product. Strain the oat liquid through a fine mesh sieve, fine mesh nut milk bag, or cheesecloth. Stir in pinch of salt. Keep refrigerated in an airtight container for up to 5 days. Shake well before using. Makes about 3 cups.