

# Homemade Oat Milk

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 cups rolled oats
- 5 1/2 cups of filtered water
- 2 medjool dates, pitted
- 1 tsp vanilla extract
- Optional: 1/2 cup raw cacao powder

## Instructions:

1. Place oats, water, dates and vanilla extract in a high power blender. Blend for 30 seconds.  
(\*SEE MY NOTE ABOUT BLENDING)
2. Strain liquid through a fine mesh strainer or a nutbag into a container like a mason jar.  
Don't over strain it, that's when it gets slimy.
3. Store in fridge for up to 7-10 days. Or freeze in batches and take out as needed.
4. If you're making chocolate milk, add the raw cacao AFTER you've strained the oat pulp.  
Pop the oat milk back into the blender, add raw cacao powder and blend until combined and creamy.

## Notes:

Makes 6 cups approximately of oat milk. \*NOTE: To avoid slimy oat milk, the less blending the better. You can blend up the water and dates first and then add the vanilla and oats. If you overstrain it, it can get slimy. I suggest using a wire mesh strainer instead of a nut bag.