

# How to Make Oat Milk

**Prep Time: 5 mins**

**Total Time: 5 mins**

**Serves 4**



There's no need to get store bought oat milk when you can make your own at home! Creamy and smooth, it's perfect for adding to coffee, baking recipes, or cereal!

## Ingredients

- ½ cup whole rolled oats
- 3 cups water
- 2 teaspoons maple syrup
- ½ teaspoon vanilla extract
- ⅛ teaspoon sea salt

## Instructions

1. Combine the oats, water, maple syrup, vanilla, and salt in a blender and blend for 30 seconds.
2. Place a fine mesh strainer over a large bowl and strain the milk without pushing any excess pulp through the strainer. This will create a creamier texture that's not gritty or gummy.
3. Add more maple syrup, to taste, if desired. Chill overnight. If you want to drink your oat milk right away, I recommend adding ice - it's flavor is best when well chilled.

Find it online at <https://www.loveandlemons.com/oat-milk/>