

Oat Milk

Makes 2 litres



Ingredients

300g porridge oats (preferably organic)

25g light Muscovado sugar / caster sugar / dates (*whatever you prefer to sweeten your milk*)

Pinch of salt

Equipment

Food blender

Fine sieve

Muslin cloth

Large measuring jug

2ltr fridge jug (It is handy to have 2 jugs if you are going to make this all of the time)

Instructions

- Weigh the porridge oats, light brown sugar and a pinch of salt into the food processor jug with 600ml cold water. (If you have a small food processor you may have to do this in two batches or add less water at this stage).
- Blend on a high speed for 30 seconds.
- Leave this to stand for 30 minutes or up to 1 hour.
- Blend again for 10 seconds.
- Place a fine sieve over a jug or large mixing bowl. Line this with a clean muslin cloth.
- Pour roughly a quarter of the mixture onto the muslin cloth. Gather the edges of the cloth together and squeeze as much of the liquid through the sieve into the jug.
- Repeat in small batches for the remaining oat mixture.
- Add cold water to the oat milk to bring it up to 2 litres.
- Pour into your fridge jug and store in the fridge for 3 days. Stir before use as the oat milk will separate.

Notes:

- **To make a perfect cup of tea!**

This oat milk doesn't have any added fat like the cartons you buy so your cup of tea will taste very strong. All you do is use half the amount of tea!

1 teabag = 2 cups of tea!

It's best to use a teapot with loose tea. ½ teaspoon tea per cup so you save resources and money too, plus it makes a good cup of tea!

- If you are going to use a lot of homemade oat milk, I recommend finding a food cooperative near you who can order large quantities of oats or ask a local shop if they can buy it in bulk for you.
- If you heat this milk, it will thicken which is handy when making a quick sauce or custard.
- You will have lots of oats leftover. **See below for recipe ideas.**

Yoghurt Recipe

1 litre homemade oat milk

Vegan Acidophilus capsules (Available from wholefood shops)

- Pour 1 litre homemade oat milk into a large saucepan.
- Whisk over a medium heat until it just starts to thicken. Take off the heat. (If you heat the milk for too long it will set like jelly. Eat this anyway and try not to cook for as long next time).
- Leave to cool until just warm. Empty one acidophilus capsule and into the milk and whisk to combine. Pour into a fridge container.
- Store in the fridge for up to four days.
- Serve with stewed fruit and homemade granola (using leftover oats from the oat milk, see recipe file).

What do do with those oats?

Recipes to follow

- Granola
- Wholegrain wraps
- Savoury pastry
- Sweet pastry
- Vegan muffins
- Vegan sponge cake
- Pancakes
- Vegan scones

- Seitan
 - Stuffing balls
 - Vegan sausage roll filling
 - Oaty biscuits
- Bird food – Spread the oats out on a tray and leave to dry in a warm place before placing on a bird table.