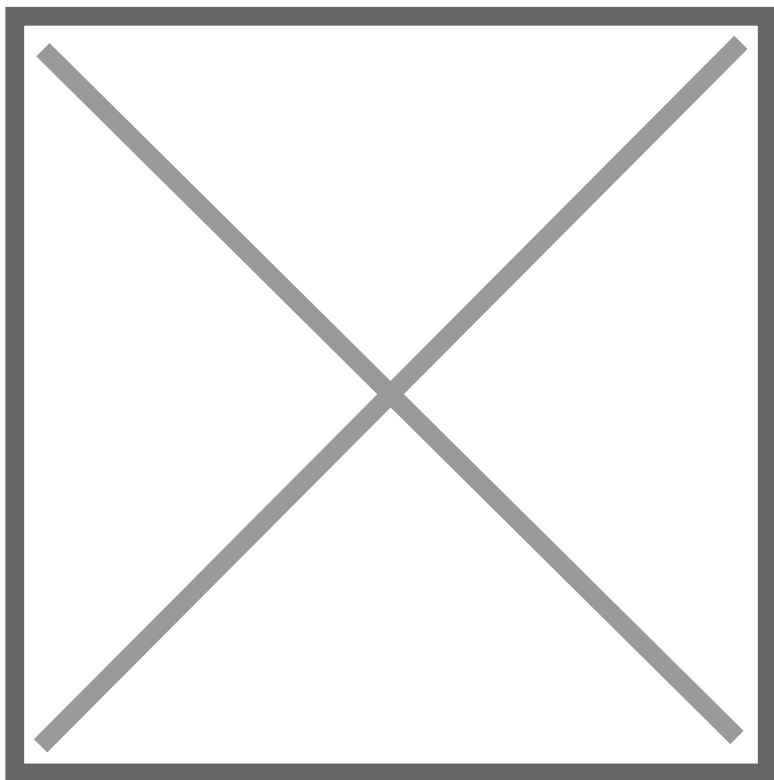


# Oat Milk



## Ingredients

- 150 g oats
- 1 l water
- 0.25 tsp salt
- 1 tbsp maple syrup

## Instructions

1. Soak the oats for at least 4 hours. Fill the water with 1.5x the volume of oats.
2. Drain the oats and rinse them.
3. Add all ingredients to the blender and blend for 1-2 minutes.
4. Strain the oats through the cloth and then squeeze the rest of the milk from the pulp.
5. Tip! Use the leftover pulps for granola. Or freeze it.

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