

## Oat Milk

Oat Milk is made from oat groats (hulled grain broken into fragments), filtered water, and potentially other grains and beans, such as triticale, barley, brown rice, and soybeans.

**Taste:** Oat Milk is light in texture and has a very mild flavor with just a hint of sweetness. It substitutes very well for low-fat or fat-free milk

**Uses:** Oat Milk arrived on the scene with instant praise for its versatility. It has been successfully trialed as a substitute for cow's milk in both sweet and savory dishes. In addition to drinking it straight from a glass, oat milk is recommended for your morning cereal; smoothies; baked goods; curries; lighter cream soups and sauces; mashed potatoes; and &hellip;well, you give it a try and see what you think!

**To Purchase:** Europeans were the first to catch on to the usefulness of Oat Milk, with their top selling brand Oatly, by Ceba. Luckily, manufacturers in North America are finally catching on. Although Oat Milk has not yet flooded the markets like the oh-so-popular soy milk, Pacific Organic Oat Non-Dairy Beverages has made it's debut. Once consumers catch on, the momentum may be hard to stop.

**Storage Tips:** Upon opening, Oat Milk will keep in the refrigerator for seven to ten days.

**Special Note:** Those with a gluten-sensitivity should heed caution with Oat Milk, although some brands do tout gluten-free. Check with the manufacturer.

**Making Your Own:** Oat Milk is very, very easy and inexpensive to whip up at home. So, if you are having trouble finding it in your local grocery store, don't despair, try one of our recipes.

**Recipes:**

- Homemade Oat Milk I
- Homemade Oat Milk II