

Homemade Oat Milk I (Vegan, Nut-Free, Soy-Free, Wheat-Free)

Recipe Ease: This one is pretty darn simple

Ingredients:

- 1 cup Oats, rolled (raw)
- 5 cups Water
- 1 teaspoon Vanilla Extract

Directions: Combine all ingredients in a saucepan, bring to a boil, cover and simmer for 1 hour. Strain, and store in the refrigerator.