

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

Recipe Ease: How much time does it take to cook oatmeal?

Ingredients:

- 4 cups (cold) Water
- 1 ripe Banana
- 2 cups cooked Oatmeal
- pinch of Salt (optional)
- 1 teaspoon Vanilla Extract (optional)
- Sweetener to taste (optional)

Directions: Place all ingredients in blender and process until smooth about 2-3 minutes. Refrigerate. Shake before using.