



Easy Homemade Oat Milk – Vegan and Gluten-Free



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



80 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup rolled gluten-free whole for (use certified oats)
- ☐ 4 servings sweetener
- ☐ 1 teaspoon vanilla extract
- ☐ 5 cups water

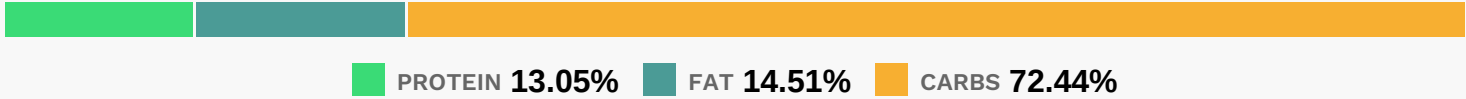
Equipment

- ☐ sauce pan

Directions

☐ Combine the oats, water, and vanilla in a saucepan, bring to a boil, cover and simmer for 45 minutes to 1 hour.Strain, reserving the oatmeal pulp for another use.If desired, sweeten to taste.Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:4.67, Inflammation Score:-2, Nutrition Score:4.5682608277901%

Nutrients (% of daily need)

Calories: 79.7kcal (3.99%), Fat: 1.32g (2.03%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 12.05g (4.38%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 16.09mg (0.7%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 2.68g (5.35%), Manganese: 0.74mg (36.91%), Selenium: 5.86µg (8.37%), Phosphorus: 83.17mg (8.32%), Fiber: 2.05g (8.19%), Magnesium: 31.05mg (7.76%), Copper: 0.13mg (6.36%), Vitamin B1: 0.09mg (6.22%), Zinc: 0.77mg (5.12%), Iron: 0.86mg (4.79%), Vitamin B5: 0.23mg (2.27%), Potassium: 74.86mg (2.14%), Calcium: 19.52mg (1.95%), Vitamin B2: 0.03mg (1.9%), Folate: 6.49µg (1.62%), Vitamin B3: 0.23mg (1.16%), Vitamin B6: 0.02mg (1.03%)